

ERIE'S PUBLIC MIDDLE SCHOOL LUNCH MENU

November 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Specialty Pizza: Broccoli Chicken Ranch or Macaroni & Cheese OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

		Pasta w/Meatballs w/a Whole Grain Garlic Stick FEATURED VEGGIES Side Salad Choice of Fruit Choice of Milk	Sweet & Sour Chicken Fried Rice FEATURED VEGGIES Baby Carrots Choice of Fruit Choice of Milk	National Sandwich Day Super Subs FEATURED VEGGIES French Fries Choice of Fruit Choice of Milk
--	--	--	---	--

1

2

3

Specialty Pizza: White Vegetable or Taco OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

Chicken Tenders w/a Whole Grain Soft Pretzel FEATURED VEGGIES Green Pepper Strips Choice of Fruit Choice of Milk	No School	French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup FEATURED VEGGIES Sweet Potato Home Fries Choice of Fruit Choice of Milk	Chicken Mashed Potato Bowl w/Snoobv Snacks FEATURED VEGGIES Mashed Potatoes & Corn Choice of Fruit Choice of Milk	Chicken Bacon Ranch Sub FEATURED VEGGIES Broccoli w/Cheese Choice of Fruit Choice of Milk
---	------------------	--	--	--

6

7

8

9

10

Specialty Pizza: Supreme or Philly Steak OR Hummus Platter: Sweet Chili or Pumpkin Pie Dippers

Ham & Cheese on a Pretzel Bun FEATURED VEGGIES Hash Brown Potatoes Choice of Fruit Choice of Milk	BBQ Boneless Wings w/a Whole Grain Soft Pretzel FEATURED VEGGIES Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	Fall Fest Turkey Roast w/Gravy Mashed Potatoes w/Gravy WG Dinner Roll FEATURED VEGGIES Corn Frozen Fruit Ice Choice of Milk	Buffalo Chicken Dip w/Tortilla Chios FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Fish Sandwich on a Whole Grain Bun FEATURED VEGGIES Broccoli Choice of Fruit Choice of Milk
--	--	--	---	--

13

14

15

16

17

No School

No School

No School

No School

No School

Thanksgiving

20

21

22

23

24

Specialty Pizza: Vegetable or Buffalo Chicken OR Hummus Platter: Roasted Red Pepper or Chocolate Dippers

No School	Walking Taco w/ Tostito Scoops & a Choc Chip Chewy Granola Bar FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Butter Chicken w/ Whole Grain Flat Bread FEATURED VEGGIES Strawberry Spinach Salad Choice of Fruit Choice of Milk	Pancakes w/Syrup Pork Sausage Links FEATURED VEGGIES Tater Triangles Choice of Fruit Choice of Milk	
------------------	---	--	--	--

27

28

29

30

Free breakfast and lunch available to all students when school is in session!

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

Meat or Meat Alternate

Choice of Vegetable

Choice of Fruit

Grain/Bread

Choice of Milk - 1% White, Fat-Free
Chocolate & White

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:
Whole Grain Chicken Patty on a Bun
Lettuce & Tomato Side Available
Assorted Fresh Dough Pizza
Smuckers Uncrustable Peanut Butter & Jelly
Garden Salad or Turkey Entree Salad
Salads served w/ Goldfish Crackers & a Whole Grain Soft Pretzel
Sub Sandwiches

Menu is subject to change based on availability.



Jennifer Johns: General Manager
Jean Viglione: Registered Dietitian
Shawn Leh: Chef Manager
Jess Kremer: Chef Manager

Phone: 814-874-6885 Fax: 814-874-6889

USDA is an equal opportunity provider and employer.

