

ERIE'S PUBLIC MIDDLE SCHOOL LUNCH MENU

May 2024



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

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USDA is an equal opportunity provider and employer.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

		Deluxe Chicken Patty on a Whole Grain Bun w/ Cheese, Lettuce, Tomato FEATURED VEGGIES Peas Choice of Fruit Choice of Milk	Waffles w/a Fried Chicken Lea FEATURED VEGGIES Green Beans Choice of Fruit Choice of Milk	Chicken Nuggets w/a Whole Grain Soft Pretzel FEATURED VEGGIES Diced Carrots Choice of Fruit Choice of Milk
		1	2	3

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

Mini Mac Burger on a Whole Grain Bun FEATURED VEGGIES Red Pepper Slices Choice of Fruit Choice of Milk	Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Granola Bar FEATURED VEGGIES Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	Pasta w/Meatballs w/a Whole Grain Soft Pretzel FEATURED VEGGIES Side Salad Choice of Fruit Choice of Milk	Sweet & Sour Chicken Fried Rice FEATURED VEGGIES Peas Choice of Fruit Choice of Milk	Beef Philly Cheesesteak FEATURED VEGGIES French Fries Choice of Fruit Choice of Milk
6	7	8	9	10

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	BBQ Chicken Nachos w/ Tostito Scoops FEATURED VEGGIES Tomatoes Choice of Fruit Choice of Milk	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 Bow w/a Whole Grain Soft Pretzel FEATURED VEGGIES Mashed Potatoes & Corn Choice of Fruit Choice of Milk	Chicken Bacon Ranch Sub FEATURED VEGGIES Broccoli & Cheese Choice of Fruit Choice of Milk
13	14	15	16	17

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

Ham & Cheese on a Pretzel Bun FEATURED VEGGIES French Fries 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	Bacon Cheeseburger on a Whole Grain Bun Lettuce & Tomato Side Available FEATURED VEGGIES Peas Choice of Fruit Choice of Milk	Buffalo Chicken Dip w/Tortilla Chips FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Fish Sandwich on a Whole Grain Bun SV Only: Deluxe Chicken Patty on a Whole Grain Bun FEATURED VEGGIES Broccoli Choice of Fruit Choice of Milk
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 Granola Bar FEATURED VEGGIES Red Pepper Strips Choice of Fruit Choice of Milk	Pizza Burger on a Whole Grain Bun FEATURED VEGGIES Peas Choice of Fruit Choice of Milk	Pancakes w/Syrup Pork Sausage Links FEATURED VEGGIES Tater Triangles Choice of Fruit Choice of Milk	Pepperoni & Cheese Calzone w/Marinara Sauce Cup SV Only: Hot Dogs FEATURED VEGGIES Popcorn Cauliflower Choice of Fruit Choice of Milk
27	28	29	30	31

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

