

April 2024



ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest




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What is a Meal?
 You must choose at least 3 of the 5 components available for the school lunch price.
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, and fat-free chocolate
USDA is an equal opportunity provider & employer.
Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine & spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas - Chick peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Daily Fruit Selection May Include:
 oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple, 100% fruit juices & mandarin oranges
***Free breakfast & lunch available to all students when school is in session.**
***All grains offered are whole grain.**

Daily entree options may include:
 Turkey Entree Salad w/Goldfish Crackers*
 Vegetarian Garden Salad w/Goldfish Crackers*
 Smucker's Uncrustable PB&J w/Cheese Stick*
 String Cheese & Yogurt Combo w/ Goldfish Crackers*
***Additional whole grain soft pretzel is available upon request.**
Options also include: milk, fruit, & vegetable.
Menu subject to change based on availability.

Jenny Johns - General Manager
Jean Viglione - Registered Dietitian
Jess Kremer - Chef Manager
Shawn Leh - Chef Manager
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Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!
This Month.....Lil' Lentils!

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Soft Shell Beef Tacos Featured Veggies: Tomatoes Choice of Fruit Choice of Milk	3 Chicken Patty on a Whole Grain Bun Featured Veggies: Cooked Carrots Choice of Fruit Choice of Milk	4 Chicken & Gravy w/ Cheez-It's Featured Veggies: Mashed Potatoes & Gravy Choice of Fruit Choice of Milk	5 Hot Dog on a Whole Grain Bun  Featured Veggies: Fresh Broccoli Choice of Fruit Choice of Milk
8 Non-Attendance Day	9 BBQ Boneless Chicken Wings Whole Grain Soft Pretzel Featured Veggies: Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	10 Taco Pizza  Featured Veggies: Side Salad Choice of Fruit Choice of Milk	11  Cheeseburger Mac Domino's Pizza: Connell, Jefferson, McKinley, Erie Int & Eagle's Nest Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	12 Superfruit Craveable w/ Goldfish Crackers Featured Veggies: Tomatoes Choice of Fruit Choice of Milk
15 Chicken Nuggets Whole Grain Soft Pretzel Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	16 Beef Walking Taco w/ Tostito Scoops Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	17 Pancake Chicken Sausage Bites w/a Chocolate Chip Mini Loaf Featured Veggies: Tater Triangle Choice of Fruit Choice of Milk	18 Chicken Pizza Craveable w/Sliced Apples  Featured Veggies: Garbanzo Beans Choice of Fruit Choice of Milk	19 Fish Sticks w/ Belly Bears Featured Veggies: Fresh Broccoli Choice of Fruit Choice of Milk
22 Chicken Patty on a Whole Grain Bun Featured Veggies: Green Peppers Choice of Fruit Choice of Milk	23 Non-Attendance Day	24 Goulash Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	25 BBQ Chicken Nachos w/ Tostito Scoops Domino's Pizza: Edison, Diehl, Cleveland, Perry Featured Veggies: Side Salad Choice of Fruit Choice of Milk	26 Egg & Cheese Bagel Featured Veggies: Tater Triangle Choice of Fruit Choice of Milk
29 Sloppy Joe on a Whole Grain Bun Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	30 Chicken Walking Taco w/ Nacho Cheese Doritos Featured Veggies: Tomatoes Choice of Fruit Choice of Milk			