

June 2024



ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

June 2024

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

June 3rd - Fruit Roll-Up Day!
One Fruit Roll-Up with every lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog on a Whole Grain Bun  Featured Veggies: Corn, Diced Carrots or Green Beans Choice of Fruit Choice of Milk	4 Turkey & Cheese on a Whole Grain Bun Featured Veggies: Manager's Choice Choice of Fruit Choice of Milk	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28