

January 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

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Nutritious Friends

Look for our Nutritious Friend of the Month on the menu!!
This Month.....

ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

January 2024

Monday

1

No School

New Year's Day

Tuesday

2

Soft Shell Beef Tacos

Featured Veggies:
Tomatoes

Choice of Fruit
Choice of Milk

Wednesday

3

French Toast Sticks w/
Pork Sausage Links
Fresh Fruit Cup



Featured Veggies:
Sweet Potato Home Fries

Choice of Fruit
Choice of Milk

Thursday

4

Chicken Mashed Potato
Bowl w/Scooby Snacks

Featured Veggies:
Mashed Potatoes & Corn

Choice of Fruit
Choice of Milk

Friday

5

Sweet 'n Sour Chicken
Fried Rice

Featured Veggies:
Broccoli w/Cheese

Choice of Fruit
Choice of Milk

8

Pancake Chicken Sausage
Bites w/a
Chocolate Chip Mini Loaf

Featured Veggies:
Hash Brown Patties

Choice of Fruit
Choice of Milk

9

Sloppy Joes
on a Whole Grain Bun

Featured Veggies:
Broccoli

Choice of Fruit
Choice of Milk

10

Cheeseburger Mac

Featured Veggies:
Cucumbers

Choice of Fruit
Choice of Milk

11

Taco Pizza
Domino's Pizza: Connell,
Jefferson, McKinley,
Erie Int & Eagle's Nest

Featured Veggies:
Red Pepper Strips

Choice of Fruit
Choice of Milk

12

BBQ Boneless Chicken
Wings w/a
Whole Grain Soft Pretzel

Featured Veggies:
Celery & Carrot Stick Cup

Choice of Fruit
Choice of Milk

15

No School

16

Beef Walking Taco w/Tostito
Scoops & a Chocolate Chip
Granola Bar

Featured Veggies:
Red Pepper Strips

Choice of Fruit
Choice of Milk

17

Butter Chicken w/
Whole Grain Flat Bread

Featured Veggies:
Strawberry Spinach Salad

Choice of Fruit
Choice of Milk

18

Pancakes w/Syrup &
Pork Sausage Links



Featured Veggies:
Tater Triangles

Choice of Fruit
Choice of Milk

19

Garlic French Bread Pizza
w/Marinara Sauce Cup

Featured Veggies:
Cauliflower w/Cheese

Choice of Fruit
Choice of Milk

22

No School

23

Hot Dog on a
Whole Grain Bun



Featured Veggies:
Vegetarian Baked Beans

Choice of Fruit
Choice of Milk

24

Chicken Patty on a
Whole Grain Bun

Featured Veggies:
Green Beans

Choice of Fruit
Choice of Milk

25

Goulash
Domino's Pizza: Edison,
Diehl, Cleveland, Perry

Featured Veggies:
Side Salad

Choice of Fruit
Choice of Milk

26

No School

29

Cheeseburger Casserole
w/a Whole Grain Soft
Pretzel

Featured Veggies:
Dill Seasoned Tater Triangles

Choice of Fruit
Choice of Milk

30

Chicken Gyro
w/Side of Tzatziki Sauce

Featured Veggies:
Cucumbers

Choice of Fruit
Choice of Milk

31

Hawaiian Meatballs over
Rice

Featured Veggies:
Broccoli

Choice of Fruit
Choice of Milk