

November 2023



ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

November 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta w/Meatballs Featured Veggies: Side Salad Choice of Fruit Choice of Milk	2 Sweet 'n Sour Chicken Fried Rice Domino's Pizza: Lincoln, Harding, PB Featured Veggies: Baby Carrots Choice of Fruit Choice of Milk	3 Egg & Cheese Bagel Sandwich Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk
6 Chicken Tenders w/a Whole Grain Soft Pretzel Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	7 No School	8 French Toast Sticks w/Pork Sausage Links Fresh Fruit Cup  Featured Veggies: Sweet Potato Home Fries Choice of Fruit Choice of Milk	9 Chicken Mashed Potato Bowl w/Scooby Snacks Featured Veggies: Mashed Potatoes & Corn Choice of Fruit Choice of Milk	10 Pizza Bagels Featured Veggies: Broccoli w/Cheese Choice of Fruit Choice of Milk
13 Pancake Chicken Sausage Bites Chocolate Chip Mini Loaf Featured Veggies: Hash Brown Patties Choice of Fruit Choice of Milk	14 BBQ Boneless Chicken Wings Whole Grain Soft Pretzel Featured Veggies: Celery & Carrot Stick Cup Choice of Fruit Choice of Milk	15 Fall Fest Turkey Roast w/Gravy Mashed Potatoes w/Gravy WG Dinner Roll Featured Veggies: Corn Frozen Fruit Ice Choice of Milk	16 Taco Pizza Domino's Pizza: Connell, Jefferson, McKinley, Erie Int & Eagle's Nest Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	17 Fish Sticks w/a Cookies & Cream Granola Bar Featured Veggies: Broccoli Choice of Fruit Choice of Milk
20 No School	21 No School	22 No School	23 No School Thanksgiving Day	24 No School
27 No School	28 Beef Walking Taco w/Tostito Scoops & a Chocolate Chip Granola Bar Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	29 Butter Chicken w/Whole Grain Flat Bread Featured Veggies: Strawberry Spinach Salad Choice of Fruit Choice of Milk	30 Pancakes w/Syrup & Pork Sausage Links  Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk	