

March 2024



ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

March 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

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Nutritious Friends

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

This Month.....Coco Coconut!!

Monday

Tuesday

Wednesday

Thursday

Friday

4

Cheeseburger on a Whole Grain Bun

Featured Veggies:
French Fries

Choice of Fruit
Choice of Milk

5

Hot Dog on a Whole Grain Bun

Featured Veggies:
Vegetarian Baked Beans

Choice of Fruit
Choice of Milk

6

Chicken Patty on a Whole Grain Bun

Featured Veggies:
Green Beans

Choice of Fruit
Choice of Milk

7

Goulash

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

Featured Veggies:
Side Salad

Choice of Fruit
Choice of Milk

1

 **Dr. Seuss Day**
Green Eggs & Ham
Mini Loaf

Featured Veggies:
Potato Triangles

Choice of Fruit
Choice of Milk

11

Cheeseburger Casserole w/a Whole Grain Soft Pretzel

Featured Veggies:
Dill Seasoned Tater Triangles

Choice of Fruit
Choice of Milk

12

Chicken Gyro w/Side of Tzatziki Sauce

Featured Veggies:
Cucumbers

Choice of Fruit
Choice of Milk

13


Hawaiian Meatballs over Rice

Featured Veggies:
Broccoli

Choice of Fruit
Choice of Milk

14

Waffles w/Fried Chicken Leg

 **Featured Veggies:**
Green Beans

Choice of Fruit
Choice of Milk

8

Superfruit Craveable w/a Blueberry Mini Loaf

Featured Veggies:
Tomatoes

Choice of Fruit
Choice of Milk

18

Mini Mac Burger on a Whole Grain Bun

Featured Veggies:
Red Pepper Strips

Choice of Fruit
Choice of Milk

19

Chicken Walking Taco w/Nacho Cheese Doritos & a Cookies & Cream Granola Bar

Featured Veggies:
Corn

Choice of Fruit
Choice of Milk

20

Spring Fest
Pot Roast
Mini WG Rice Krispie Treat

Featured Veggies:
Au Gratin Potatoes

Choice of Fruit
Choice of Milk

21

Sweet 'n Sour Chicken Fried Rice

Domino's Pizza: Lincoln, Harding, PB, RB Wiley 1

Featured Veggies:
Baby Carrots

Choice of Fruit
Choice of Milk

15

Macaroni & Cheese

Featured Veggies:
Tomatoes

Choice of Fruit
Choice of Milk

25

No School

26

No School

27

No School

28

No School

22

Egg & Cheese Bagel Sandwich

Featured Veggies:
Tater Triangles

Choice of Fruit
Choice of Milk

29

No School