

May 2024



# ERIE'S PUBLIC SCHOOL LUNCH MENU

Elementary/Erie Intervention/Eagle's Nest

May 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

**Nutritious Friends**  
 Look for our Nutritious Friend of the Month on the menu!!  
 This Month.....Sugar Snap Peas!

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Patty on a Whole Grain Bun  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>2</b> Ham & Cheese on a WG Bun Turkey & Cheese on WG Bun: Pfeiffer-Burleigh, McKinley Eagle's Nest, Intervention <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>3</b> Chicken Nuggets w/a Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Diced Carrots  Choice of Fruit Choice of Milk
<b>6</b> Hamburger on a Whole Grain Bun  <b>Featured Veggies:</b> Green Beans  Choice of Fruit Choice of Milk	<b>7</b> Boneless Chicken Bites w/ WG Goldfish Crackers  <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>8</b> Superfruit Craveable w/ an Orange Mini Loaf  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk	<b>9</b> Sweet 'n Sour Chicken Fried Rice  Domino's Pizza: Lincoln, Harding, PB, RB Wiley 1 <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>10</b> Egg & Cheese Bagel Sandwich  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk
<b>13</b> Hot Dog on a Whole Grain Bun  <b>Featured Veggies:</b> Green Pepper Strips  Choice of Fruit Choice of Milk	<b>14</b> BBQ Chicken Nachos w/ Tostito Scoops  <b>Featured Veggies:</b> Tomatoes  Choice of Fruit Choice of Milk	<b>15</b> Cheeseburger on a Whole Grain Bun  <b>Featured Veggies:</b> Diced Carrots  Choice of Fruit Choice of Milk	<b>16</b> Chicken Mashed Potato Bowl w/ Scooby Snacks <b>Featured Veggies:</b> Mashed Potatoes & Corn  Choice of Fruit Choice of Milk	<b>17</b> Chicken Patty on a Whole Grain Bun  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk
<b>20</b> Hot Dog on a Whole Grain Bun  <b>Featured Veggies:</b> French Fries  Choice of Fruit Choice of Milk	<b>21</b> BBQ Boneless Chicken Wings Whole Grain Soft Pretzel  <b>Featured Veggies:</b> Celery & Carrot Stick Cup  Choice of Fruit Choice of Milk	<b>22</b> Pizza Bagels Erie Intervention & Eagle's Nest: Breakfast Pizza  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>23</b> Taco Pizza  Domino's Pizza: Connell, Jefferson, McKinley, Erie Int & Eagle's Nest <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>24</b> Fish Sticks w/an Orange Mini Loaf  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk
<b>27</b> No School  <b>Memorial Day</b>	<b>28</b> Beef Walking Taco w/Tostito Scoops  <b>Featured Veggies:</b> Red Pepper Strips  Choice of Fruit Choice of Milk	<b>29</b> Pizza Burger on a Whole Grain Bun  <b>Featured Veggies:</b> Peas  Choice of Fruit Choice of Milk	<b>30</b> Pancake Chicken Sausage Bites w/ a Chocolate Chip Mini Loaf  <b>Featured Veggies:</b> Tater Triangles  Choice of Fruit Choice of Milk	<b>31</b> Taco Pizza  <b>Featured Veggies:</b> Side Salad  Choice of Fruit Choice of Milk