

## Erie's Public Schools Pre School Lunch Menu January 2, 2023 - January 31, 2023



**What is a Pre School Lunch?  
CACFP Minimum Requirement**  
**Meat (1.5 oz.) or Meat Alternative**  
**Whole Grain (.5 oz.)**  
**Fruit (1/4 cup)**  
**Vegetable (1/4 cup)**  
 Unflavored 1% Milk (Minimum 6 oz.)



USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1/2/23	1/3/23	1/4/23	1/5/23	1/6/23
No School	4 Chicken Nuggets ( 1.75 Meat & 5 WG)  Green Beans (1/2 cup) Diced Mango (1/2 cup) 1% Unflavored Milk (8 oz)	3 Fish Sticks (1.5 M + 1.75 WG)  Peas ( 1/2 cup) Orange Smiles (1/2 cup) 1% Unflavored Milk (8 oz)	Chicken Soft Taco (2M+1WG)  Corn (1/2 cup) Diced Mango (1/2 cup) 1% Unflavored Milk (8 oz)	PB&J Uncrustable (1M+1WG) Chesestick (1 M)  Cucumber slices (1/2 cup) 1/2 Banana 1% Unflavored Milk (8 oz)
1/9/23	1/10/23	1/11/23	1/12/23	1/13/23
3 French Toast Sticks (1.5 WG) 2 Pork Sausage Links (1.5 M)  Home Fries (1/2 cup) Diced Peaches (1/2 cup) 1% Unflavored Milk (8 oz)	Soft Shell Beef Taco ( 1.5 M + 1WG)  Tomatoes cut in 1/4's (1/2 cup) Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	3 Chicken Tenders (2 M + 1 WG)  Green Pepper Strips (1/2 cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)	Popcorn Chicken (2M+ 1 WG)  Corn (1/2 cup) Mandarin Oranges (1/2 cup) 1% Unflavored Milk (8 oz)	Strawberry Yogurt (1M) Cheese Stick (1M) WG Animal Crackers (1WG) Broccoli (1/2 cup) Diced Strawberries (1/2 Cup) 1% Unflavored Milk (8 oz)
1/16/23	1/17/23	1/18/23	1/19/23	1/20/23
No School	Chicken & Biscuit 1/2 Biscuit (2 M + 1 WG) Mashed Potatoes (1/2 Cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)	Cheeseburger Mac with a sprinkle of Cheddar ( 1.5 M + 1 G) Cucumbers (1/2 cup) Diced Strawberries (1/2 Cup) 1% Unflavored Milk (8 oz)	Taco Pizza (2 M + 2 WG)  Corn (1/2 cup) Orange Smiles (1/2 Cup) 1% Unflavored Milk (8 oz)	3 Fish Sticks (1.5 M + 1.75 WG)  Broccoli (1/2 cup) Diced Mango (1/2 cup) 1% Unflavored Milk (8 oz)
1/23/23	1/24/23	1/25/23	1/26/23	1/27/23
No School	Strawberry Yogurt (1M) Cheese Stick (1 M) Graham Belly Bears (1WG) Red Pepper Strips (1/2 cup) Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	Butter Chicken (2 M) 1/2 Whole Grain Flat Bread (1 WG) Cucumber Slices (1/2 Cup) Orange Smiles (1/2 cup) 1% Unflavored Milk (8 oz)	Turkey & Cheese WG Wrap (1.5Mm & 1 WG)  Cauliflower (1/2 cup) Mandarin Oranges (1/2 cup) 1% Unflavored Milk (8 oz)	No School
1/30/23	1/31/23			
1/2 Hamburger (1.5 M) 1/2 Whole Grain Bun (1.5M)  French Fries (1/2 cup) Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	Turkey Roll Up (.5 M) Cubed Mild Cheddar (1M) WG Animal Crackers (1WG) Tomatoes cut in 1/4's (1/2 cup) Diced Mango (1/2 cup) 1% Unflavored Milk (8 oz)			

**MENU IS SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**

Jenny Johns - General Manager  
 Jean Viglione - Registered Dietitian  
 Jess Kremer - Chef Manager  
[Shawn Leh - Chef Manager](#)  
 Phone: 814/874-6885

**Free breakfast and lunch available to all students when school is in session.**