ERIE'S PUBLIC SCHOOLS LUNCH MENU
DIPAOLO

October 2026

EAT SMART
BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*All grains served are whole grains. *All turkey lunch meat and pepperoni served is Halal.			1 Excellence WG Egg & Cheese Bagel Sandwich **Featured Veggies** Green Pepper Strips	2 Boxing Butter Chicken w/WG Flat Bread **Featured Veggies** Strawberry Spinach Salad
5 Mountain Climber Italian Meatball Sub on a WG Bun **Featured Veggies** Sidewinder Fries	6 Speed Walking Taco w/Beef & Tostito Scoops & WG Heartzels **Featured Veggies** Red Pepper Strips	7 Take A Walk Waffles w/ Fried Chicken Leg **Featured Veggies** Green Beans	8 BBQ Ripped Ribby on a WG Bun **Featured Veggies** Corn	9 Jump Back Mac & Cheese **Featured Veggies** Romaine Side Salad
12 Non-Attendance Day	13 Power Punch Orange Chicken WG Fried Rice **Featured Veggies** Tomatoes	14 Hip Hop Hot Dog on a WG Bun **Featured Veggies** Vegetarian Baked Beans	15 Athletic Apple BBQ Chicken over Tortilla Chips **Featured Veggies** Romaine Side Salad	16 WG Cheesy Pull Apart Bread **Featured Veggies** Tater Triangles
19 Chicken Ninja Nuggets w/a WG Dinner Roll **Featured Veggies** Cucumbers	20 All Star WG Soft Shell Beef Tacos **Featured Veggies** Red Pepper Strips	21 Mini Turkey Corn Downward Dogs (WG) **Featured Veggies** Broccoli	22 Tough Guy Chicken Tenders w/a WG Dinner Roll **Featured Veggies** Peas	23 Surfing Superfruit Craveable w/ WG Goldfish, Cheese Stick, Apple Slices & Grapes **Featured Veggies** Tomatoes
26 Kickin' Chicken Patty on a WG Bun **Featured Veggies** Corn	27 WG Speed Walking Taco w/Chicken & Nacho Cheese Doritos & Choc Chip Cookies **Featured Veggies** Celery Sticks	28 WG Tango Taco Pizza **Featured Veggies** Red Pepper Strips	29 Heart Pumpin' Pasta w/Meatballs **Featured Veggies** Romaine Side Salad	30 WG Pilates Pizza Pierogies **Featured Veggies** Green Pepper Strips

MAKE IT A MEAL!

You must choose at least 3 of 5 meal components for the school lunch price: Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable May Include:

Dark Green: spinach, broccoli, romaine salad.
Red/Orange: carrots, sweet potatoes, tomatoes, red peppers.
Legumes: beans & chickpeas.
Other vegetables: celery, cucumbers, cauliflower, green peppers, green beans.

Choice of Fruit May Include:

Oranges, apples, bananas, pears, peaches, strawberries, applesauce, pineapple & mandarin oranges.

Choice of Milk:

1% white, fat-free white, fat-free chocolate

Daily Entrée Options May Include:

Smucker's WG Uncrustables PB&J w/Cheese Stick (V) Cheese Pizza (V) Cheese & Pepperoni Pizza (H) Chicken Patty on a WG Bun, WG Turkey & Cheese Sandwich (H)
Options also include milk, fruit & vegetable (V)
*Additional dinner roll available upon request

Your Dining Services Team

Natalie Bartlett: General Manager
Jean Viglione: Assistant GM, Registered Dietitian
Jess Kremer: Executive Chef
Suzanne Robertson: Café Services Manager
Daniel Rayner: Café Services Manager
Lisa Kaschak: Culinary Center Kitchen Manager
Phone: 814-874-6885 Fax: 814-874-6889

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

Adult Lunch Price: $5.03

(V) Vegetarian | (WG) Whole Grain

(P) Contains Pork | (H) Halal

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

schoolcafé

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES