

Erie's Public Schools Pre School Lunch Menu

March 1, 2023 - March 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
		3/1/23	3/2/23	3/3/23
		Cheeseburger Mac with a sprinkle of Cheddar (1.5 M + 1 G) Cucumbers (1/2 cup) Diced Strawbries (1/2 Cup) 1% Unflavored Milk (8 oz)	Green Eggs & Ham Mini Loaf (2 M + 1 WG) Potato Triangle(1/2c) Orange Smiles (1/2 Cup) 1% Unflavored Milk (8 oz)	3 Fish Sticks (1.5 M + 1.75 WG) Peas (1/2 cup) Diced Mango (1/2 cup) 1% Unflavored Milk (8 oz)
3/6/23	3/7/23	3/8/23	3/9/23	3/10/23
4 Chicken Nuggets (1.75 Meat & 5 WG) French Fries (1/2 cup) Diced Peaches (1/2 cup) 1% Unflavored Milk (8 oz)	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)	Pancakes (2WG) 2 Pork Sausage Links (1.5 M) Tater Triangle (1/2 Cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)
3/13/23	3/14/23	3/15/23	3/16/23	3/17/23
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)	Popcorn Chicken (2M+ 1 WG) Cucumber Slices (1/2 Cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)	Goulash with a sprinkle of Mozzarella (1.5M + 1G) Cold Green Peas (1/2 cup) Diced Peaches (1/2 cup) 1% Unflavored Milk (8 oz)	Grilled Cheese Sandwich (2 M + 2 WG) Broccoli (1/2 cup) 1/2 Banana 1% Unflavored Milk (8 oz)
3/20/23	3/21/23	3/22/23	3/23/23	3/24/23
PB& J Uncrustable (1M+1WG) Chesestick (1 M) Green Beans (1/2 Cup) Applesauce (1/2 cup) 1% Unflavored Milk (8 oz)	Chicken Ranch Wrap (1.5 M + 1 WG) Broccoli (1/2 Cup) 1/2 Banana 1% Unflavored Milk (8 oz)	Strawberry Banana Yogurt (1M) Cheese Stick (1 M) Graham Belly Bears (1WG) Green Pepper Strips (1/2 cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)	Fried Chicken Leg (2 M+ 75 WG) Potato Wedges (1/2 cup) Mandarin Oranges (1/2 cup) 1% Unflavored Milk (8 oz)	Macaroni & Cheese (1.5 M/A + 1.5 G) Tomatoes cut in 1/4's (1/2 cup) Pineapple Tidbits (1/2 cup) 1% Unflavored Milk (8 oz)
3/27/23	3/28/23	3/29/23	3/30/23	3/31/23
Teriyaki Chicken (2M) over Rice (1/2 Cup) (1WG) Red Pepper strips (1/2 cup) Applesauce (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)	3 Meatballs (1.5 M) Pasta w/ sauce (1G) Garbanzo Beans (1/2 cup) Orange Smiles (1/2 cup) 1% Unflavored Milk (8 oz)	Diced Hotdog (2 M) Heartzel (1 WG) Baked Beans (1/2 cup) Diced Pears (1/2 cups) 1% Unflavored Milk (8 oz)	Non-Attendance Day

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.