

Feb-21



**SCHOOL DISTRICT of The CITY of ERIE**  
**IMPERIAL LUNCH MENU**

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch.

A 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, fat-free white and fat-free chocolate  
USDA is an equal opportunity provider & employer.

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Legumes** - Beans & 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, fruit juice, pears, peaches, strawberries, applesauce, pineapple and 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:**  
Smucker's Uncrustable PB&J  
String Cheese & Yogurt Combo w/ Heartzel Pretzels

Options also include: Milk, Fruit & Vegetable

Jenny Johns - Food Service Director  
Jean Viglione - Registered Dietitian  
Jess Kremer - Chef Manager  
Shawn Leh - Chef Manager  
Phone: 814-874-6885 Fax: 814-874-6889

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Green Peppers Choice of Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Red Peppers Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Carrot Sticks Choice of Fruit Choice of Milk</p>
<p><b>8</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Green Peppers Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Red Peppers Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Turkey or Ham &amp; Cheese Sub PB&amp;J Uncrustable or yogurt &amp; Cheesestick Combo</p> <p><b>Featured Veggies:</b> Carrot Sticks Choice of Fruit Choice of Milk</p>
<p><b>15</b></p> <p>President's Day Non-Attendance Day</p>	<p><b>16</b></p> <p>Beef Walking Taco w/ Tostito Scoops &amp; a Chewy Granola bar</p> <p><b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Pizzaboli</p> <p><b>Featured Veggies:</b> Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Chicken Nuggets w/ a Whole Grain Dinner Roll</p> <p><b>Featured Veggies:</b> Green Beans Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p><b>22</b></p> <p>Chicken Patty on a Whole Grain Bun</p> <p><b>Featured Veggies:</b> Corn Choice of Fruit Choice of Milk</p>	<p><b>23</b></p> <p>Hamburger on a Whole Grain Bun</p> <p><b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Chicken Tenders w/ a Whole Grain Bun</p> <p><b>Featured Veggies:</b> Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Macaroni &amp; Cheese</p> <p><b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Turkey &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk</p>
			<p>We need you! Interested in working in the café while your child is in school? Call the Culinary Center at 874-6885 for more details.</p>	

