

**MARCH
2020**



**School District of the City of Erie
Erie High Breakfast Menu**

What is a Meal?

You must choose at least 3 of the 4 components available for a qualifying school breakfast. A choice of grain or grain/protein, choice of fruit and choice of milk.

Choice of Milk - 1% white or fat-free white

Whole Grain Cereal Selection

May Include:

- Cheerios
- Cinnamon Toast Crunch
- Golden Grahams
- Kix
- Lucky Charms
- Reese's Puffs
- Rice Crunch
- Total

Some selections are reduced sugar!

Daily Fruit Selections

May Include:

- oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

Menu us subject to change.

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



Jennifer Johns - Food Service Director
Jean Viglione - Registered Dietitian

Phone: 814-874-6885 or Fax: 814-874-6889
USDA is an equal opportunity provider and employer.

Monday

2

Choice of Assorted Cereals
Blueberry Muffin

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Chocolate Espresso/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

9

Choice of Assorted Cereals
Goldfish Grahams

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tropicle/Strawberry Banana

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

16

Choice of Assorted Cereals
Chocolate Chip Loaf

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tutti Frutti/Blueberry Hill

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

23

Choice of Assorted Cereals
Breakfast Bar

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Very Berry/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

30

Choice of Assorted Cereals
Goldfish Grahams

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Strawberry Blitz/Purple Berry Blast

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

Tuesday

3

Choice of Assorted Cereals
Goldfish Grahams

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Chocolate Espresso/Orange Crush

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

10

Choice of Assorted Cereals
Apple Spice Mini Loaf

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tropicle/Strawberry Banana

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

17

Choice of Assorted Cereals
Bagel w/ Cream Cheese

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tutti Frutti/Blueberry Hill

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

24

Choice of Assorted Cereals
Blueberry Muffin

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Very Berry/Orange Crush

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

31

Choice of Assorted Cereals
Orange Dream Muffin

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Strawberry Blitz/Purple Berry Blast

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

Wednesday

4

Choice of Assorted Cereals
Banana Mini Loaf

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Chocolate Espresso/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

11

Non-Attendance Day

18

Choice of Assorted Cereals
Apple Mini Loaf

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tutti Frutti/Blueberry Hill

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

25

Choice of Assorted Cereals
Bagel w/ Cream Cheese

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Very Berry/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

Thursday

5

Choice of Assorted Cereals
Breakfast Bar

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Chocolate Espresso/Orange Crush

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

12

Choice of Assorted Cereals
Banana Mini Loaf

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tropicle/Strawberry Banana

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

19

Choice of Assorted Cereals
Yogurt & Goldfish Grahams

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tutti Frutti/Blueberry Hill

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

26

Choice of Assorted Cereals
Goldfish Grahams

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Very Berry/Orange Crush

100% Apple Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

Friday

6

Choice of Assorted Cereals
Orange Dream Muffin

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Chocolate Espresso/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

13

Choice of Assorted Cereals
Breakfast Bar

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Tropicle/Strawberry Banana

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk

20

Non-Attendance Day

27

Choice of Assorted Cereals
Orange Muffin

Assorted Hot Breakfast Sand.

Smoothie of the Week:

Very Berry/Orange Crush

100% Orange Juice

or Assorted Fresh Fruit or

Assorted Canned Fruit

Choice of Milk