

**JUNE
2022**



**Erie's Public Schools
Crown Lunch Menu**

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. 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 & chocolate

**Weekly Vegetable Subgroups
May Include:**

Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and chick peas
 Starchy - potatoes, corn, peas & lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:

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

Leave Your Lunch at Home

Daily entrée options may include:

Assorted Fresh Dough Pizza
 Chicken Patty on a Bun
 Chef Salad w/ Heartzel Pretzels
 Vegetarian/Garden Salad w/ Heartzel Pretzels
 Smucker's Uncrustable Peanut Butter & Jelly Sandwich
 Ham/Cheese or Turkey/Cheese Hoagie Sandwich

Menu is subject to change based on availability.



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

Jean Viglione - Registered Dietitian

Jess Kremer - Chef Manager

Phone: 814-874-6885 or Fax: 814-874-6889

USDA is an equal opportunity provider and employer.

Monday

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Tuesday

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Wednesday

1
Goulash

Featured Veggies:

Side Salad
Choice of Fruit
Choice of Milk

Thursday

2
Meatball & Cheese Hoagie on a Whole Grain Bun

Featured Veggies:

Corn
Choice of Fruit
Choice of Milk

Friday

3
Chicken Strips w/ Gravy
Dinner Rolls

Featured Veggies:

Mashed Potatoes w/ Gravy
Choice of Fruit
Choice of Milk

6
Meatballs w/ Sauce & Dinner Rolls

Featured Veggies:

Side Salad
Choice of Fruit
Choice of Milk

7
BBQ Chicken Sandwich on a Whole Grain Bun

Featured Veggies:

Garbanzo Beans
Choice of Fruit
Choice of Milk

8
Choice of Assorted Pizza.
Chicken Patty on a Whole Grain Bun or Deli Sandwiches

Featured Veggies:

Carrot Sticks
Choice of Fruit
Choice of Milk

9

10

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[Empty lunch menu box for Friday]