

Jun-22



# ERIE'S PUBLIC SCHOOLS 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

Turkey Entree Salad w/ Heartzel Pretzels

Vegetarian Garden Salad w/ Heartzel Pretzels

Options also include: Milk, Fruit & Vegetable

Jenny Johns - Food Service Director

Jean Viglione- Registered Dietitian

Jess Kremer - Chef Manager

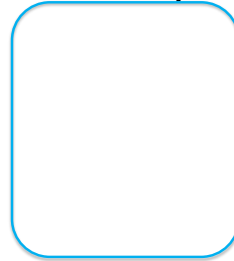
Shawn Leh - Chef Manager

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

Menu subject to change based on availability.



## Monday



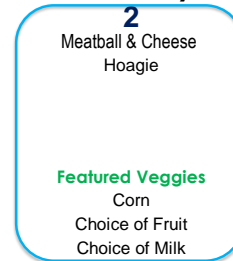
## Tuesday



## Wednesday



## Thursday



## Friday



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Meatballs w/ Sauce & a Dinner Roll

**Featured Veggies:**  
Side Salad  
Choice of Fruit  
Choice of Milk

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BBQ Chicken Sandwich on a Bun

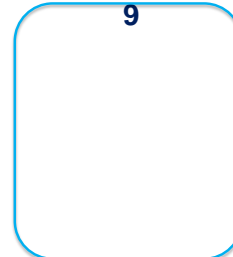
**Featured Veggies:**  
Garbanzo Beans  
Choice of Fruit  
Choice of Milk

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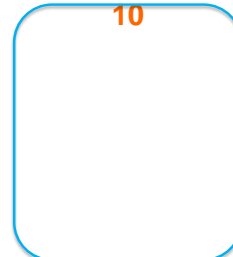
Turkey & Cheese on a Bun

**Featured Veggies:**  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

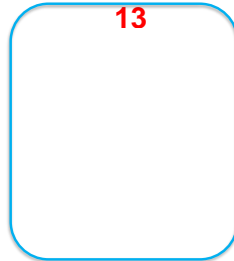
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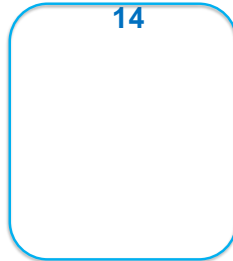
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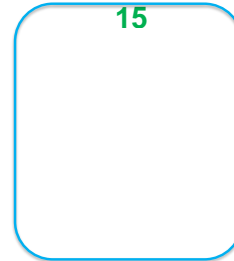
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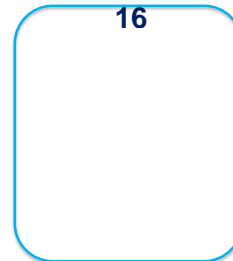
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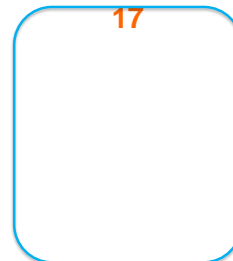
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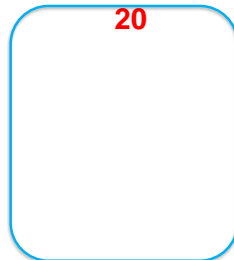
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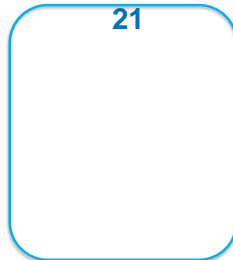
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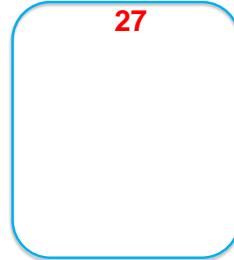
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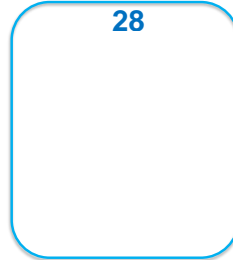
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We need you! Interested in working in the café while your child is in school? Call the Culinary Center at 874-6885 for more details.