

**MAY  
2021**



**School District of the City of Erie  
Crown Lunch Menu - East**

**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**

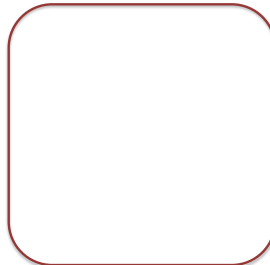
Menu is subject to change.



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**



**3**

Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable

**Featured Veggies:**

Garbanzo Beans  
 Choice of Fruit  
 Choice of Milk

**Tuesday**



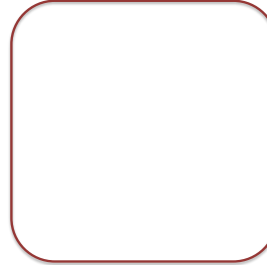
**4**

Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable

**Featured Veggies:**

Green Pepper Strips  
 Choice of Fruit  
 Choice of Milk

**Wednesday**



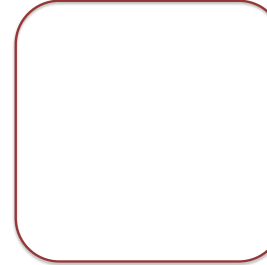
**5**

Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable

**Featured Veggies:**

Celery Sticks  
 Choice of Fruit  
 Choice of Milk

**Thursday**



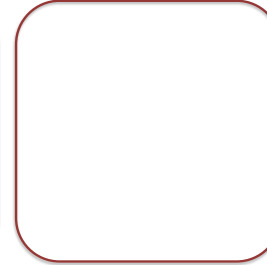
**6**

Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable

**Featured Veggies:**

Carrot Sticks  
 Choice of Fruit  
 Choice of Milk

**Friday**



**7**

Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable

**Featured Veggies:**

Cherry Tomatoes  
 Choice of Fruit  
 Choice of Milk

**10**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Garbanzo Beans  
 Choice of Fruit  
 Choice of Milk

**11**  
 Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Green Pepper Strips  
 Choice of Fruit  
 Choice of Milk

**12**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Celery Sticks  
 Choice of Fruit  
 Choice of Milk

**13**  
 Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Carrot Sticks  
 Choice of Fruit  
 Choice of Milk

**14**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Cherry Tomatoes  
 Choice of Fruit  
 Choice of Milk

**17**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Garbanzo Beans  
 Choice of Fruit  
 Choice of Milk

**18**  
 Non-Attendance Day

**19**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Celery Sticks  
 Choice of Fruit  
 Choice of Milk

**20**  
 Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Red Pepper Strips  
 Choice of Fruit  
 Choice of Milk

**21**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Cherry Tomatoes  
 Choice of Fruit  
 Choice of Milk

**24**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Garbanzo Beans  
 Choice of Fruit  
 Choice of Milk

**25**  
 Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Green Pepper Strips  
 Choice of Fruit  
 Choice of Milk

**26**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Celery Sticks  
 Choice of Fruit  
 Choice of Milk

**27**  
 Chicken Patty on a Whole Grain Bun, Ham & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Red Pepper Strips  
 Choice of Fruit  
 Choice of Milk

**28**  
 Cheese Pizza, Turkey & Cheese Sub or PB&J Uncrustable  
**Featured Veggies:**  
 Cherry Tomatoes  
 Choice of Fruit  
 Choice of Milk