

**MAY
2021**



**School District of the City of Erie
Crown Lunch Menu - Strong Vincent**

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

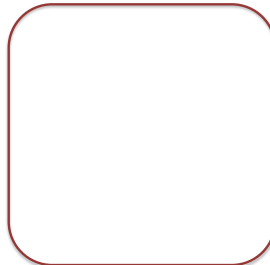
Menu is subject to change.



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



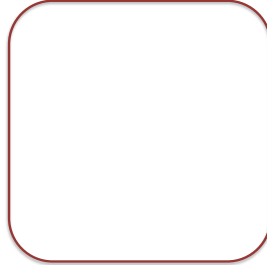
3

Hot Dog on Bun, Turkey & Cheese Sub or PB&J Uncrustable

Featured Veggies:

Garbanzo Beans
 Choice of Fruit
 Choice of Milk

Tuesday



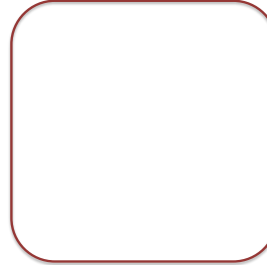
4

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



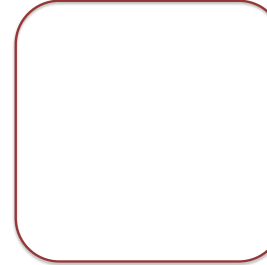
5

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

Featured Veggies:

Celery Sticks
 Choice of Fruit
 Choice of Milk

Thursday



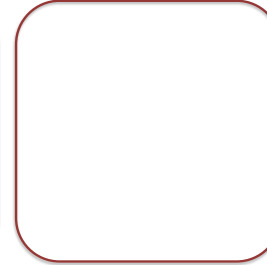
6

Chicken Nuggets w/Whole Gr. Roll 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
 Hot Dog on Bun, 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 Nuggets w/Whole Gr. Roll 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
 Hot Dog on Bun, 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 Nuggets w/Whole Gr. Roll 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
 Hot Dog on Bun, 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 Nuggets w/Whole Gr. Roll 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