

**MAY
2021**



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

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 Vigilone - Registered Dietitian
 Jess Kremer - Chef Manager

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

Monday	Tuesday	Wednesday	Thursday	Friday
updated:5/4/21				
3 Hot Dog on a Whole Grain Bun or PB&J Uncrustable	4 PB&J Uncrustable	5 Turkey & Cheese Sandwich or PB&J Uncrustable	6 Chicken Patty on a Whole Grain Bun or PB&J Uncrustable	7 Domino's Cheese Pizza or PB&J Uncrustable
Featured Veggies: Garbanzo Beans Choice of Fruit Choice of Milk	Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Cherry Tomatoes Choice of Fruit Choice of Milk
10 Cheeseburger on a Whole Gr Bun or PB&J Uncrustable	11 PB&J Uncrustable	12 Turkey & Cheese Sandwich or PB&J Uncrustable	13 Chicken Patty on a Whole Grain Bun or PB&J Uncrustable	14 Domino's Cheese Pizza or PB&J Uncrustable
Featured Veggies: Garbanzo Beans Choice of Fruit Choice of Milk	Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Carrot Sticks Choice of Fruit Choice of Milk	Featured Veggies: Cherry Tomatoes Choice of Fruit Choice of Milk
17 Pizzaboli or PB&J Uncrustable	18 Non-Attendance Day	19 Turkey & Cheese Sandwich or PB&J Uncrustable	20 Chicken Patty on a Whole Grain Bun or PB&J Uncrustable	21 Domino's Cheese Pizza or PB&J Uncrustable
Featured Veggies: Gabanzo Beans Choice of Fruit Choice of Milk		Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Cherry Tomatoes Choice of Fruit Choice of Milk
24 Hot Dog on a Whole Grain Bun PB&J Uncrustable	25 PB&J Uncrustable	26 Turkey & Cheese Sandwich or PB&J Uncrustable	27 Chicken Patty on a Whole Grain Bun or PB&J Uncrustable	28 Domino's Cheese Pizza or PB&J Uncrustable
Featured Veggies: Garbanzo Beans Choice of Fruit Choice of Milk	Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Celery Sticks Choice of Fruit Choice of Milk	Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: CherryTomatoes Choice of Fruit Choice of Milk