

May-21



SCHOOL DISTRICT of The CITY of ERIE  
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  
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**



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>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</b>	updated 4/26/21			
<b>3</b> Macaroni & Cheese  <b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk	<b>4</b> Meatball & Cheese Hoagie  <b>Featured Veggies:</b> Green Pepper Strips Choice of Fruit Choice of Milk	<b>5</b> Chicken Nuggets w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Peas Choice of Fruit Choice of Milk	<b>6</b> Pizzaboli  <b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk	<b>7</b> Hot Dog on a Whole Grain Bun  <b>Featured Veggies:</b> Baked Beans Choice of Fruit Choice of Milk
<b>10</b> Stuffed Shells w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk	<b>11</b> French Bread Pizza  <b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk	<b>12</b> Chicken Tenders w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Peas Choice of Fruit Choice of Milk	<b>13</b> Grilled Cheese Sandwich  <b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk	<b>14</b> Pancakes w/ Sausage  <b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk
<b>17</b> Cheese Ravioli w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk	<b>18</b> Non-Attendance Day	<b>19</b> Hot Dog on a Whole Grain Bun  <b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk	<b>20</b> Chicken Nuggets w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Corn Choice of Fruit Choice of Milk	<b>21</b> Pizzaboli  <b>Featured Veggies:</b> Cherry Tomatoes Choice of Fruit Choice of Milk
<b>24</b> Cheesy Pull Apart Bread  <b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk	<b>25</b> Chicken Tenders w/a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Broccoli Choice of Fruit Choice of Milk	<b>26</b> Chicken Patty on a Whole Grain Bun  <b>Featured Veggies:</b> French Fries Choice of Fruit Choice of Milk	<b>27</b> French Bread Pizza  <b>Featured Veggies:</b> Red Pepper Strips Choice of Fruit Choice of Milk	<b>28</b> Sliced Turkey w/ Gravy & a Whole Grain Dinner Roll  <b>Featured Veggies:</b> Mashed Potatoes w/ Gravy Choice of Fruit Choice of Milk