

**MAY  
2021**



**Metz**  
CULINARY MANAGEMENT

**School District of the City of Erie  
Noble Lunch Menu**

**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**

Deli sandwiches may include:  
Ham and Cheese, Turkey and Cheese, or Veggie and Cheese

Chicken patty: Traditional or buffalo style

Entrée salad may include:  
Chef, vegetarian or chicken

Menu is subject to change.



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

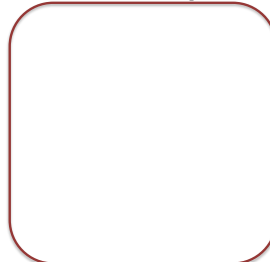
Jean Viglione - Registered Dietitian

Jess Kremer - Chef Manager

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

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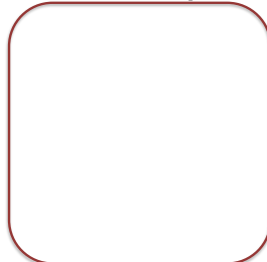
**Monday**



**3**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Garbanzo Beans  
Choice of Fruit  
Choice of Milk

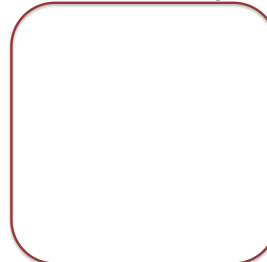
**Tuesday**



**4**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

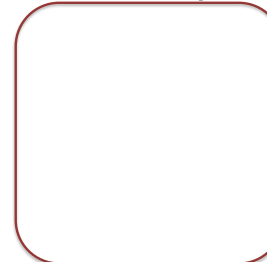
**Wednesday**



**5**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Celery Sticks  
Choice of Fruit  
Choice of Milk

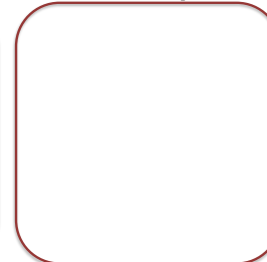
**Thursday**



**6**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**Friday**



**7**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**10**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Garbanzo Beans  
Choice of Fruit  
Choice of Milk

**11**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**12**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**13**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**14**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**17**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Garbanzo Beans  
Choice of Fruit  
Choice of Milk

**18**

Non-Attendance Day

**19**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**20**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

**21**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk

**24**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Garbanzo Beans  
Choice of Fruit  
Choice of Milk

**25**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**26**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Celery Sticks  
Choice of Fruit  
Choice of Milk

**27**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**28**

Cheese/ Cheese & Pepperoni  
Pizza, Deli Sandwich,  
Chicken Patty on a Whole Grain  
Bun, Entrée Salad or PB&J  
Uncrustable  
**Featured Veggies:**  
Cherry Tomatoes  
Choice of Fruit  
Choice of Milk