

**MARCH  
2020**



**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**

Daily entrée options may include:

Pizza of the Week  
Cheese or Pepperoni Pizza  
Vegetable Pizza  
Smucker's Uncrustable Peanut Butter & Jelly Sandwich  
Chicken Station (Chicken Patty on a Bun, Boneless Chicken Wings &/or Grilled Chicken)  
Specialty Salad Bar

**UP FOR GRABS**

Check out our selection of Grab and Go salads, sandwiches, wraps and parfaits. Selections change weekly!

**Menu is subject to change.**



Jennifer Johns - Food Service Director

Shawn Leh - Chef Manager

Jean Ager - Registered Dietitian

Jess Kremer - Chef Manager

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

USDA is an equal opportunity provider and employer.

**Monday**

**2**

Texas Toasted Grilled  
Cheese Sandwich  
or  
Pasta Bar



**Featured Veggies:**

Tomato Soup  
Steamed Green Beans  
Choice of Fruit  
Choice of Milk

**9**

Italian Meatball and Cheese  
Hoagie  
or  
Hamburger Bar

**Featured Veggies:**

Sauteed Green Beans  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

**16**

Lasagna Roll Up w/ a  
Whole Grain Garlic Stick  
or  
Boneless Wing Bar

**Featured Veggies:**

Green Pepper Strips  
Oven Roasted Zucchini  
Choice of Fruit  
Choice of Milk

**23**

Garlic French Bread Pizza  
w/ Pizza Dipping Sauce  
or  
Southern Food Bar



**Featured Veggies:**

Collard Greens  
Broccoli  
Choice of Fruit  
Choice of Milk

**30**

Cheese Ravioli w/ a  
Garlic Bread Stick  
or  
Breakfast Bar w/ French  
Toast Sticks



**Featured Veggies:**

Roasted Zucchini  
Garlic Parmesan Broccoli  
Choice of Fruit  
Choice of Milk

**Tuesday**

**3**

Cheeseburger Tater Tot Bowl  
or  
Pasta Bar

**Featured Veggies:**

Roasted Vegetables  
Broccoli  
Choice of Fruit  
Choice of Milk

**10**

South West Chicken w/  
Rice Bowl  
or  
Hamburger Bar

**Featured Veggies:**

Red & Green Pepper Strips  
Potato Wedges  
Choice of Fruit  
Choice of Milk

**17**

Italian Sweet Sausage  
Hoagie w/ Peppers  
or  
Boneless Wing Bar

**Featured Veggies:**

Yellow Beans  
Veggie Slaw  
Choice of Fruit  
Choice of Milk

**24**

Chicken Curry Casserole  
or  
Southern Food Bar

**Featured Veggies:**

Collard Greens  
Snow Peas  
Choice of Fruit  
Choice of Milk

**31**

Chicken & Cheese  
Quesadilla  
or  
Breakfast Bar w/ French  
Toast Sticks

**Featured Veggies:**

Black Bean & Corn Salad  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

**Wednesday**

**4**

Pepperoni and Cheese  
Calzone  
or  
Pasta Bar

**Featured Veggies:**

Vegetable Slaw  
Green Pepper Strips  
Choice of Fruit  
Choice of Milk

**11**

Non-Attendance Day

**18**

Pulled Pork Sandwich on a  
Whole Grain Bun  
or  
Boneless Wing Bar

**Featured Veggies:**

French Fries  
Broccoli w/ Cheese  
Choice of Fruit  
Choice of Milk

**25**

Chicken Tenders w/ a  
Whole Grain Dinner Roll  
or  
Southern Food Bar

**Featured Veggies:**

Collard Greens  
Roasted Potatoes  
Choice of Fruit  
Choice of Milk

**Thursday**

**5**

Crispy Chicken Salad w/  
Fries  
or  
Pasta Bar

**Featured Veggies:**

Broccoli  
Cucumber Salad w/ Dressing  
Choice of Fruit  
Choice of Milk

**12**

Asian Chicken Noodle Bowl  
or  
Hamburger Bar

**Featured Veggies:**

Grape Tomatoes  
Broccoli  
Choice of Fruit  
Choice of Milk

**19**

Chicken Mashed Potato Bowl  
w/ a Corn Muffin  
or  
Boneless Wing Bar

**Featured Veggies:**

Mashed Potatoes  
Corn  
Choice of Fruit  
Choice of Milk

**26**

Buffalo Chicken Calzone  
or  
Southern Food Bar

**Featured Veggies:**

Collard Greens  
Cucumbers  
Choice of Fruit  
Choice of Milk

**Friday**

**6**

Shrimp Tacos  
or  
Pasta Bar

**Featured Veggies:**

Tomatoes  
Asian Pepper Slaw  
Choice of Fruit  
Choice of Milk

**13**

Italian Dunkers w/  
Pizza Dipping Sauce  
or  
Hamburger Bar

**Featured Veggies:**

Corn on the Cob  
Kale Salad  
Choice of Fruit  
Choice of Milk

**20**

Non-Attendance Day

**27**

Fish Sandwich on a  
Whole Grain Bun  
or  
Southern Food Bar

**Featured Veggies:**

Collard Greens  
Coleslaw  
Choice of Fruit  
Choice of Milk