



# CITY OF ERIE SCHOOL DISTRICT-HIGH SCHOOL

## AUGUST/SEPTEMBER



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>LUNCH PRICE PAID - \$1.00</b>  <b>REDUCED - \$0.40</b>  <b>ADULT - \$2.00</b>  <b>MILK - \$0.45</b></p>	<p><b>31</b> Chicken Nuggets w/ Dinner Roll or Taco Salad w/ Lettuce &amp; Cheese Topping Tortilla Chips &amp; a Dinner Roll Tater Tots Corn Applesauce Pudding Choice of Milk</p>	<p><b>1</b> Cheeseburger on a Bun Turkey &amp; Cheese Melt French Fries Carrots Pears Chocolate Chip Cookie Choice of Milk</p>	<p><b>2</b> Hot Dog on a Bun or Meatball &amp; Cheese Hoagie Parsley Potatoes Carrots BBQ Baked Beans Mandarin Oranges Cake w/Topping Choice of Milk</p>	<p><b>3</b> Pizza w/Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Applesauce Brownie Choice of Milk</p>	<p><u>Non-Attendance Day</u></p>
<p style="background-color: yellow; border: 1px solid black; padding: 2px;"> <b>PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS OFFERED FOR THE SCHOOL LUNCH PRICE!</b>            THESE ITEMS INCLUDE:            MEAT / MEAT ALTERNATE, BREAD,            CHOICE OF 2 FRUITS, OR 2 VEGETABLES,            OR ONE FRUIT AND ONE VEGETABLE, AND MILK         </p>	<p>Labor Day  No School!</p>	<p><b>8</b> Chicken Breast Filet on a Bun or Pizza Hot Pocket Tater Tots Peas Pineapple Tidbits Jello Cake Choice of Milk</p>	<p><b>9</b> French Toast Sticks w/ Sausage or Pasta w/ Meat Sauce &amp; a Garlic Stick French Fries Carrots Pears Chocolate Cake Choice of Milk</p>	<p><b>10</b> Steak Hoagie Patty on a Bun or Pepperoni &amp; Cheese Hoagie Tater Tots Mixed Vegetables Applesauce No Bake Cookie Choice of Milk</p>	<p><b>11</b> Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Mandarin Oranges Cake w/ Topping Choice of Milk</p>
<p><b>MENU SUBJECT TO CHANGE</b></p>	<p><b>14</b> Hot Ham &amp; Cheese on a Bun or Toasted Cheese Sandwich French Fries Broccoli Pineapple Tidbits Sugar Cookie Choice of Milk</p>	<p><b>15</b> Chicken Nuggets w/ a Dinner Roll or Turkey &amp; Cheese Melt Parsley Potatoes Mixed Vegetables Pears Pudding Choice of Milk</p>	<p><b>16</b> Bacon Cheeseburger on a Bun or Sloppy Joe on a Bun Tater Tots Corn Applesauce Peanut Butter Cookie Choice of Milk</p>	<p><b>17</b> Chili Dog on a Bun or Hot Meatloaf Sandwich Whipped Potatoes w/ Gravy Peas Mandarin Oranges Chocolate Chip Cookie Choice of Milk</p>	<p><b>18</b> Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Pineapple Tidbits Brownie Choice of Milk</p>
<p><b>FOOD SERVICE DIRECTOR</b>  <b>JAMES TWERDOK</b>            Phone # 874-6886</p>	<p><b>21</b> Jumbo Taco w/ Lettuce &amp; Cheese Topping or Pepperoni &amp; Cheese Hoagie Tater Tots Corn Applesauce Cake w/ Topping Choice of Milk</p>	<p><b>22</b> Steak Hoagie Patty on a Bun w/ Cheese or French Toast Sticks w/ Sausage French Fries Green Beans Mandarin Oranges Sugar Cookie Choice of Milk</p>	<p><b>23</b> Chicken Breast Filet on a Bun or Pizza Hot Pocket Tater Tots Mixed Vegetables Pears No Bake Cookie Choice of Milk</p>	<p><b>24</b> Pasta w/ Meat Sauce &amp; a Garlic Stick or Deli Wrap Sandwich Baked Potato Broccoli Pineapple Tidbits Chocolate Cake Choice of Milk</p>	<p><b>25</b> Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Applesauce Peanut Butter Cookie Choice of Milk</p>
	<p><b>28</b> Chicken Nuggets w/ a Dinner Roll or Cheese Dog on a Bun French Fries Carrots Mandarin Oranges Chocolate Chip Cookie Choice of Milk</p>	<p><b>29</b> Hamburger Supreme or Hot Ham &amp; Cheese Sandwich Tater Tots BBQ Baked Beans Applesauce Cake w/ Topping Choice of Milk</p>	<p><b>30</b> Salisbury Steak w/ a Dinner Roll or Mini Sub Whipped Potatoes w/ Gravy Peas Pineapple Tidbits Oatmeal Cookie Choice of Milk</p>		

**Nutritious Definition of the Month :**

**FIBER**

Indigestible plant food. High fiber diets can reduce the risks of heart disease and certain types of cancer.

**OFFERED DAILY: Up For Grabs:**

A selection of salads & deli sandwiches

**Salad Bar:**

Mixed greens w/ a variety of toppings & dressings

**Deli Corner:**

Made to order hoagies & sandwiches

**CHOICES OF MILK INCLUDE:**  
 SKIM, 1% CHOCOLATE, 1% WHITE, AND WHOLE MILK

