CITY OF ERIE SCHOOL DISTRICT-MIDDLE SCHOOL
AUGUST/SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Chicken Nuggets w/ Dinner Roll or Taco Salad w/ Lettuce & Cheese Topping Tortilla Chips & a Dinner Roll Tater Tots Corn Applesauce Pudding Choice of Milk	**1** Cheeseburger on a Bun Turkey & Cheese Melt French Fries Carrots Pears Chocolate Chip Cookie Choice of Milk	**2** Hot Dog on a Bun or Meatball & Cheese Hoagie Parsley Potatoes BBQ Baked Beans Mandarin Oranges Cake w/Topping Choice of Milk	**3** Pizza w/Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Applesauce Brownie Choice of Milk	**4** Non-Attendance Day
7 Labor Day No School!	**8** Chicken Breast Filet on a Bun or Pizza Hot Pocket Tater Tots Peas Pineapple Tidbits Jello Cake Choice of Milk	**9** French Toast Sticks w/ Sausage or Pasta w/ Meat Sauce & a Garlic Stick French Fries Carrots Pears Chocolate Cake Choice of Milk	**10** Steak Hoagie Patty on a Bun or Pepperoni & Cheese Hoagie Tater Tots Mixed Vegetables Applesauce No Bake Cookie Choice of Milk	**11** Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Mandarin Oranges Cake w/ Topping Choice of Milk
14 Hot Ham & Cheese on a Bun or Toasted Cheese Sandwich French Fries Broccoli Pineapple Tidbits Sugar Cookie Choice of Milk	**15** Chicken Nuggets w/ a Dinner Roll or Turkey & Cheese Melt Parsley Potatoes Mixed Vegetables Pears Pudding Choice of Milk	**16** Bacon Cheeseburger on a Bun or Sloppy Joe on a Bun Tater Tots Corn Applesauce Peanut Butter Cookie Choice of Milk	**17** Chili Dog on a Bun or Hot Meatloaf Sandwich Whipped Potatoes w/ Gravy Peas Mandarin Oranges Chocolate Chip Cookie Choice of Milk	**18** Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Pineapple Tidbits Brownie Choice of Milk
21 Jumbo Taco w/ Lettuce & Cheese Topping or Pepperoni & Cheese Hoagie Tater Tots Corn Applesauce Cake w/ Topping Choice of Milk	**22** 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	**23** Chicken Breast Filet on a Bun or Pizza Hot Pocket Tater Tots Mixed Vegetables Sliced Pears No Bake Cookie Choice of Milk	**24** Pasta w/ Meat Sauce & a Garlic Stick or Deli Wrap Sandwich Baked Potato Broccoli Pineapple Tidbits Chocolate Cake Choice of Milk	**25** Pizza w/ Toppings or Manager's Choice Manager's Potatoes Veggie Sticks w/ Dip Applesauce Peanut Butter Cookie Choice of Milk
28 Chicken Nuggets w/ a Dinner Roll or Cheese Dog on a Bun French Fries Carrots Mandarin Oranges Chocolate Chip Cookie Choice of Milk	**29** Hamburger Supreme or Hot Ham & Cheese Sandwich Tater Tots BBQ Baked Beans Applesauce Cake w/ Topping Choice of Milk	**30** Salisbury Steak w/ a Dinner Roll or Mini Sub Whipped Potatoes w/ Gravy Peas Pineapple Tidbits Oatmeal Cookie Choice of Milk		

LUNCH PRICE
PAID - $1.00
REDUCED - $0.40
ADULT - $2.00
MILK - $0.45

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS OFFERED FOR THE SCHOOL LUNCH PRICE!
THESE ITEMS INCLUDE:
MEAT / MEAT ALTERNATE, BREAD,
CHOICE OF 2 FRUITS,
OR 2 VEGETABLES,
OR ONE FRUIT AND ONE VEGETABLE, AND MILK

MENU SUBJECT TO CHANGE

FOOD SERVICE DIRECTO
JAMES TWERDOK
Phone # 874-6886

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:
Student Salad:
Mixed greens w/ a variety of toppings & dressings
Deli Corner:
Made to order hoagies & sandwiches

Papa John's Pizza:
September 3rd - Wilson

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

Metz & Associates Ltd.

got milk?

Nutritious Friends