

Erie City School District Pre-School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Kix Pineapple 1% Unflavored Milk	Whole Grain Cinnamon Chex Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Rice Krispies 1/2 Banana 1% Unflavored Milk	Whole Grain Cheerios Unsweetened Applesauce 1% Unflavored Milk	NO SCHOOL
NO SCHOOL	Whole Grain Corn Flakes Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Rice Chex 1/2 Banana 1% Unflavored Milk	Whole Grain Special K Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Reduced Sugar Cinnamon Toast Crunch Pears 1% Unflavored Milk
Whole Grain Kix Pineapple 1% Unflavored Milk	Whole Grain Cinnamon Chex Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Rice Krispies 1/2 Banana 1% Unflavored Milk	Whole Grain Cheerios Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Reduced Sugar Cinnamon Toast Crunch Peaches 1% Unflavored Milk
Whole Grain Cheerios Mandarin Oranges 1% Unflavored Milk	Whole Grain Corn Flakes Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Rice Chex 1/2 Banana 1% Unflavored Milk	Whole Grain Special K Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Reduced Sugar Cinnamon Toast Crunch Pears 1% Unflavored Milk
Whole Grain Kix Pineapple 1% Unflavored Milk	Whole Grain Cinnamon Chex Unsweetened Applesauce 1% Unflavored Milk	Whole Grain Rice Krispies 1/2 Banana 1% Unflavored Milk	Brand or Brand Equivalent Foods	

Erie City School District Pre-School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Nuggets Chick Peas Apple Sauce 1% Unflavored Milk	Soft Shell Beef Taco Red Pepper Strips Diced Pears 1% Unflavored Milk	Butter Chicken Flat Bread Strawberry Spinach salad Orange Smiles 1% Unflavored Milk	Pancakes Pork Sausage Links Tater Triangle 1/2 Banana 1% Unflavored Milk	NO SCHOOL
NO SCHOOL	Diced Hotdog Soft Pretzel Baked Beans 1/2 Banana 1% Unflavored Milk (8 oz)	Turkey Roll Up Cubed Mild Cheddar Goldfish Green Beans Apple Sauce 1% Unflavored Milk	Goulash w/ mozzarella sprinkle Broccoli Diced Peaches 1% Unflavored Milk	Grilled Chicken cubes Blueberry Mini loaf Cherry Tomato 1/4's Pineapple Tidbits 1% Unflavored Milk
Cheeseburger Casserole Dill Tater Triangle Apple Sauce 1% Unflavored Milk	Chicken Soft Taco Black Beans Diced Pears 1% Unflavored Milk	Hawaiian Meatballs Brown rice Broccoli Orange Smiles 1% Unflavored Milk	Fried Chicken Leg Diced Steamed Carrots 1/2 Banana 1% Unflavored Milk	Macaroni & Cheese Cucumber Slices Mandarin Oranges 1% Unflavored Milk
Hamburger on WG Bun Red pepper Strips Orange Smiles 1% Unflavored Milk	Turkey Sandwich on WG Bun Corn 1/2 Banana 1% Unflavored Milk	Meatballs Pasta w/ sauce Garbanzo Beans Apple Sauce 1% Unflavored Milk	Sweet & Sour Chicken Fried Rice Broccoli Pineapple Tidbits 1% Unflavored Milk	PB& J Uncrustable Cheese stick Yellow Beans Diced Peaches 1% Unflavored Milk (8 oz)
Chicken Tenders Green Pepper Strips Apple Sauce 1% Unflavored Milk	Soft Shell Beef Taco Black Beans Orange Smiles 1% Unflavored Milk	French Toast Sticks Pork Sausage Links Sweet Potato Home Fries Diced Pears 1% Unflavored Milk	What is a Pre School Lunch? CACFP Minimum Requirement Meat (1.5 oz.) or Meat Alternative Whole Grain (.5 oz.) Fruit (1/4 cup); Vegetable (1/4 cup) Unflavored 1% Milk (Minimum 6 oz.) *Brand or Brand Equivalent Foods	

Breakfast Menu - Elementary, DiPaolo, Eagle's Nest, Erie Intervention Robert Benjamin Wiley Community CS

Monday	Tuesday	Wednesday	Thursday	Friday
WG Cheerios WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cocoa Puffs WG Berry Animal Crackers Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	NO SCHOOL
NO SCHOOL	WG Cinn Toast Crunch WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	WG Cinn Crispy Bites WG Strawberry Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	WG Cinnamon Roll Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free	WB UBR Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% or Fat-Free
WG Cocoa Puff WG Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Froot Loop WG Bug Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Blueberry Lemon Bites WG Chocolate Bear Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim
WG Cinn Toast Crunch WG Belly Bear Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cinnamon Chex WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cocoa Puffs WG Graham Cracker Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Blueberry Mini Loaf WG Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim
WG Cheerios WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Cocoa Puffs WG Berry Animal Crackers Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim	WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% or Skim		

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.

Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries,

Choice of Milk
 Choice of Milk - 1% and Fat-Free White

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Reduced-Sugar Trix
 Reduced-Sugar Cocoa Puffs
 Reduced-Sugar Cinnamon Toast Crunch
 Reduced Sugar Froot Loops
 Cinnamon Chex

Breakfast at the Door
 Breakfast bags to include breakfast featured on the left

*Brand or Brand Equivalent Foods

Free Breakfast and Lunch available to all students when school is in session.

USDA is an equal opportunity provider and employer.

Breakfast Menu - Middle School Breakfast at the Door

Monday	Tuesday	Wednesday	Thursday	Friday
WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf Wg Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	NO SCHOOL
NO SCHOOL	WG Hot Breakfast Sandwich Combo or WG Choc Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or Wg Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinnamon Roll Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG UBR Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Nutri Grain Bar WG Bug Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Choc Muffin Wg Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Fudgel Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Doughnut Wg Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Donut Holes Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf Wg Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate		

What is a Meal?
 You must choose at least 3 of the 4 components available for the school breakfast price.

Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries,

Choice of Milk
 Choice of Milk - 1% and Fat-Free White

Whole Grain Cereal Selection May Include:
 Cinnamon Toast Crunch
 Reduced-Sugar Trix
 Reduced-Sugar Cocoa Puffs
 Reduced-Sugar Cinnamon Toast Crunch
 Reduced Sugar Froot Loops
 Cinnamon Chex

Breakfast at the Door
 Breakfast bags to include breakfast featured on the left

Brand or Brand Equivalent Foods

Erie High Breakfast at the Door

Monday	Tuesday	Wednesday	Thursday	Friday
WG Hot Breakfast Sandwich Combo or WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf Wg Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Maple Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	NO SCHOOL
NO SCHOOL	WG Hot Breakfast Sandwich Combo or WG Choc Muffin WG Mini Vanilla Wafers Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or Wg Banana Mini Loaf WG Chat Snax Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinnamon Roll Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WB UBR Bar Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Hot Breakfast Sandwich Combo or WG Blueberry Lemon Bites WG Choc Elf Bears Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Nutri Grain Bar WG Bug Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Choc Muffin Wg Scooby Snacks Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Chocolate Chip Waffle Snaps Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Blueberry Muffin WG Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Hot Breakfast Sandwich Combo or WG Granola Crispy Bites WG Cinnamon Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Apple Frudel Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Doughnut Wg Cocoa Crispy Bites Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Donut Holes Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Banana Mini Loaf WG Goldfish Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate
WG Hot Breakfast Sandwich Combo or WG Crunch Mania Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Cinna Mini Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate	WG Hot Breakfast Sandwich Combo or WG Choc Chip Loaf Wg Cheez-Its Assorted 100% Fruit Juice Apple Choice of Milk 1% White, Skim or Fat-Free Chocolate		

Free Breakfast and Lunch available to all students when school is in session.

What is a Meal?
You must choose at least 3 of the 4 components available for the school breakfast price.

Daily we will feature either 2 single grain breakfast items or 1 double grain breakfast item. All grains featured will be whole grain. They may include: muffins, mini loaves, cereal breakfast bars, crackers, or similar breakfast pastries.

Choice of Milk
Choice of Milk - 1% and Fat-Free White

Whole Grain Cereal Selection May Include:
Cinnamon Toast Crunch
Reduced-Sugar Trix
Reduced-Sugar Cocoa Puffs
Reduced-Sugar Cinnamon Toast Crunch
Reduced Sugar Froot Loops
Cinnamon Chex

Breakfast at the Door
Breakfast bags to include breakfast featured on the left

Brand or Brand Equivalent Foods

USDA is an equal opportunity provider and employer.

Breakfast Cafe Menu - Create your own Combo

Collegiate, Erie High, SV, Wilson, Skills, Leadership, Discovery & EG

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>
Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	
Strawberry, Pineapple & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie	No School
<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	
Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	
Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	
<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>
	Pineapple Banana Smoothie	Pineapple Banana Smoothie	Pineapple Banana Smoothie	Pineapple Banana Smoothie
	Chocolate Espresso Smoothie	Chocolate Espresso Smoothie	Chocolate Espresso Smoothie	Chocolate Espresso Smoothie
No School	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>
	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich
	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza
	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>
Strawberry Banana Smoothie	Strawberry Banana Smoothie	Strawberry Banana Smoothie	Strawberry Banana Smoothie	Strawberry Banana Smoothie
Tropical Smoothie	Tropical Smoothie	Tropical Smoothie	Tropical Smoothie	Tropical Smoothie
<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich
Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza
Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>
Orange Crush Smoothie	Orange Crush Smoothie	Orange Crush Smoothie	Orange Crush Smoothie	Orange Crush Smoothie
Purple Berry Smoothie	Purple Berry Smoothie	Purple Berry Smoothie	Purple Berry Smoothie	Purple Berry Smoothie
<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich
Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza	Breakfast Pizza
Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>	<i>Create your own Combo</i>
Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	Strawberry Blitz Smoothie		
Strawberry, Pineapple & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie		
<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>	<i>Sausage, Egg & Cheese Breakfast Sandwich</i>		
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich		
Breakfast Pizza	Breakfast Pizza	Breakfast Pizza		
Assorted Whole Grains	Assorted Whole Grains	Assorted Whole Grains		
Choice of Milk	Choice of Milk	Choice of Milk		
Choice of Fruit	Choice of Fruit	Choice of Fruit		

Brand or Brand Equivalent

What is a Breakfast Meal?
 You must choose at least 3 of the 4 components available.

Choice of Milk
 Choice of Milk - 1% and Fat-Free White

You must take at least 1/2 cup of fruit or vegetable

Whole Grain Cereal Selections May Include:
 Reduced-Sugar Trix
 Reduced-Sugar Cocoa Puffs
 Reduced-Sugar Cinnamon Toast Crunch
 Reduced Sugar Fruit Loops
 Cinnamon Chex
 Cheerios

Whole Grains that count as 1 portion may include:
 Mini Loaf, Muffin, Doughnuts, Lemon Bites, Cheese It's, Goldfish, Bug Bites Cereal Bars, Granola Bites, Annie's Bunnies, Scooby Snack, Belly Bears or Chat Snacks.
 Offer 4 selections per day

Whole Grains that count as 2 portions may include:
 Crunch Mania, Apple Frudel, UBR Rounds, Waffle Snaps, Cinnaminis, Bagel, Cinnamon roll or Doughnut Holes.
 Offer 2 per day

Fruit Selections may include:
 100 % Juice, Apples, Bananas, Pears, Oranges, Pineapple, Peaches, Apple sauce and Strawberries.
 Offer a minimum of 4 daily

* EG does not serve Breakfast Pizza
 * Perseus Schools (Skills, Discovery & Leadership) does not serve Smoothie

USDA is an equal opportunity provider and employer.

CROWN MENU

6-Week Cycle Lunch Menu

Middle Schools, Perseus House, R. Benjamin Willey

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
Chicken Nuggets w/a Whole Grain Pretzel	Walking Taco w/ Tostito Scoops & a Choc. Chip Granola Bar	Butter Chicken w/ Whole Grain Flat Bread	Pancakes w/ Syrup Pork Sausage Links HS: + String Cheese 	NO SCHOOL
Featured Veggies: Cucumbers Choice of Fruit Choice of Milk	Featured Veggies: Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Strawberry Spinach Salad Choice of Fruit Choice of Milk	Featured Veggies: Tater Triangles Choice of Fruit Choice of Milk	

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

Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
NO SCHOOL	Greek Dog on a Whole Grain Bun 	Sliced Turkey w/ Gravy & 2 Whole Grain Pretzels	Goulash	Grilled Cheese Sandwich
	Featured Veggies: Vegetarian Baked Beans Choice of Fruit Choice of Milk	Featured Veggies: Mashed Potatoes w/ Gravy Choice of Fruit Choice of Milk	Featured Veggies: Romaine Side Salad Choice of Fruit Choice of Milk	Featured Veggies: Cream of Tomato Soup Choice of Fruit Choice of Milk

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 White - potatoes, corn, peas and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Cheeseburger Casserole w/ a Whole Grain Pretzel	Chicken Gyro w/ Side of Tzatziki Sauce	Hawaiian Meatballs over Rice	Waffles w/a Fried Chicken Leg	Macaroni & Cheese w/a Whole Grain Pretzel
Featured Veggies: Dill Seasoned Tater Triangles Choice of Fruit Choice of Milk	Featured Veggies: Cucumber Slices Choice of Fruit Choice of Milk	Featured Veggies: Broccoli Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Cherry Tomatoes Choice of Fruit Choice of Milk

Daily Fruit Selections May Include:
oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Mini Mac Burger on a Whole Grain Bun	Chicken Walking Taco w/ Nacho Cheese Doritos Cookies & Cream Chewy Granola Bar	Pasta w/ Meatballs w/a Whole Grain Garlic Stick	Sweet & Sour Chicken Fried Rice	Beef Philly Cheesesteak
Featured Veggies: Red Pepper Slices Choice of Fruit Choice of Milk	Featured Veggies: Corn Choice of Fruit Choice of Milk	Featured Veggies: Romaine Side Salad Choice of Fruit Choice of Milk	Featured Veggies: Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: French Fries Choice of Fruit Choice of Milk

Daily entrée options may include:
Whole Grain Chicken Patty on a Bun
Lettuce and Tomato Side Available
Assorted Fresh Dough Pizza
Smucker's Uncrustable Peanut Butter & Jelly
Garden Salad or Turkey Entree Salad
Salads served w/ Goldfish Crackers & a Whole Grain Pretzel
Sub Sandwiches


Menu is subject to change based on availability. Brand or Brand Equivalent Foods.

Monday 9/25	Tuesday 9/26	Wednesday 9/27		
Chicken Tenders w/a Whole Grain Pretzel	Soft Shell Beef Tacos	French Toast Sticks w/ Pork Sausage Links HS: + Cheese Stick Fresh Fruit Cup		
Featured Veggies: Green Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Tomatoes Choice of Fruit Choice of Milk	Featured Veggies: Sweet Potato Home Fries Choice of Fruit Choice of Milk		

IMPERIAL MENU


6-Week Cycle Lunch Menu

Elementary Schools, DiPaolo, Eagle's Nest, Erie Intervention

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
Chicken Nuggets w/ a Whole Grain Soft Pretzel	Beef Walking Taco w/Tostito Scoops & a Choc. Chip Chewy Granola Bar	Butter Chicken w/ Whole Grain Flat Bread	Pancakes w/Syrup & Pork Sausage Links 	NO SCHOOL
Featured Veggies: Cucumbers	Featured Veggies: Red Pepper Strips	Featured Veggies: Strawberry Spinach Salad	Featured Veggies: Tater Triangles	
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	

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

Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
NO SCHOOL	Hot Dog on a Whole Grain Bun 	Chicken Patty on a Whole Grain Bun	Goulash Domino's Pizza: Edison, Diehl, Cleveland, Perry	Superfruit Craveable w/ a Blueberry Mini Loaf
	Featured Veggies: Vegetarian Baked Beans	Featured Veggies: Green Beans	Featured Veggies: Romaine Side Salad	Featured Veggies: Tomatoes
	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

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 White - potatoes, corn, peas and lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Cheeseburger Casserole w/a Whole Grain Soft Pretzel	Chicken Gyro w/ Side of Tzatziki Sauce	Hawaiian Meatballs over Rice	Waffles w/Fried Chicken Leg	Macaroni & Cheese
Featured Veggies: Dill Seasoned Tater Triangles	Featured Veggies: Cucumbers	Featured Veggies: Broccoli	Featured Veggies: Green Beans	Featured Veggies: Tomatoes
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Daily Fruit Selections May Include:
oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges
*All grains offered are whole grain.

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Mini Mac Burger on a Whole Grain Bun	Chicken Walking Taco w/Nacho Cheese Doritos Cookie & Cream Chewy Granola Bar	Pasta w/ Meatballs	Sweet 'n Sour Chicken Fried Rice Domino's Pizza: RB Wiley, Lincoln, Harding, P.B.	Egg & Cheese Bagel Sandwich
Featured Veggies: Red Pepper Strips	Featured Veggies: Corn	Featured Veggies: Romaine Side Salad	Featured Veggies: Baby Carrots	Featured Veggies: Tater Triangles
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk

Daily entrée options may include:
Daily entrée options may include:
Turkey Entrée Salad with Goldfish Crackers *
Vegetarian Garden Salad with Goldfish Crackers *
Smucker's Uncrustable PB&J w/ Cheese Stick *
String Cheese & Yogurt Combo w/ Goldfish Crackers *
* Additional soft pretzel is available upon request.
Menu subject to change based on availability.
Brand or Brand Equivalent Foods

Monday 9/25	Tuesday 9/26	Wednesday 9/27		
Chicken Tenders w/a Whole Grain Soft Pretzel	Soft Shell Beef Tacos	French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cup 		
Featured Veggies: Green Pepper Strips	Featured Veggies: Tomatoes	Featured Veggies: Sweet Potato Home Fries		
Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk		

NOBLE MENU
6-Week Cycle Lunch Menu
 Collegiate Academy, Erie High School

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
Chicken Ranch Wrap or Breakfast Bar(A) Hot Dog Bar(B)	Beef Walking Taco w/ Tostito Scoops or Breakfast Bar(A) Hot Dog Bar(B)	Butter Chicken w/ Whole Grain Flat Bread or Breakfast Bar(A) Hot Dog Bar(B)	Crispy Chicken Salad w/ Fries Breakfast Bar(A) Hot Dog Bar(B)	NO SCHOOL
Featured Veggies: Roasted Zucchini Cucumbers Choice of Fruit Choice of Milk	Featured Veggies: Black Bean & Corn Salad Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Strawberry Spinach Salad Garlic Parmesan Broccoli Choice of Fruit Choice of Milk	Featured Veggies: French Fries Apple & Celery Side Salad Choice of Fruit Choice of Milk	

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

Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
NO SCHOOL	Greek Dog on a Whole Grain Bun or Hamburger Bar(A) Mac & Cheese Bar(B)	Sliced Turkey w/ Gravy & 2 Whole Grain Soft Pretzels or Hamburger Bar(A) Mac & Cheese Bar(B)	Goulash or Hamburger Bar(A) Mac & Cheese Bar(B)	Grilled Cheese Sandwich or Hamburger Bar(A) Mac & Cheese Bar(B)
	Featured Veggies: Green Peppers Vegetarian Baked Beans Choice of Fruit Choice of Milk	Featured Veggies: Mashed Potatoes w/ Gravy Green Beans Choice of Fruit Choice of Milk	Featured Veggies: Romaine Side Salad Apple Cider Slaw Choice of Fruit Choice of Milk	Featured Veggies: Broccoli Cream of Tomato Soup Choice of Fruit Choice of Milk

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 White - potatoes, corn, peas and lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Cheeseburger Casserole w/a Whole Grain Dinner Roll or Pasta Bar(A) Taco Bar(B)	Chicken Gyro w/ Side of Tzatziki Sauce or Pasta Bar(A) Taco Bar(B)	Hawaiian Meatballs over Rice or Pasta Bar(A) Taco Bar(B)	Chicken 'N Waffle Sandwich w/ Hot Honey Glaze or Pasta Bar(A) Taco Bar(B)	Chicken Bacon Ranch Sub or Pasta Bar(A) Taco Bar(B)
Featured Veggies: Dill Seasoned Tater Triangle Peas Choice of Fruit Choice of Milk	Featured Veggies: Roasted Vegetables Cucumbers Choice of Fruit Choice of Milk	Featured Veggies: Broccoli Coleslaw Choice of Fruit Choice of Milk	Featured Veggies: Green Beans Cucumber Salad w/ Dressing Choice of Fruit Choice of Milk	Featured Veggies: Tomatoes Asian Pepper Slaw Choice of Fruit Choice of Milk

Daily Fruit Selections May Include:
 oranges, apples, bananas, fruit juice, pears, peaches, strawberries, applesauce, pineapple and mandarin oranges

Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Mini Mac Burger on a Whole Grain Bun or Hot Dog Bar(A) Philly Bar(B)	South West Chicken w/ Rice Bowl or Hot Dog Bar(A) Philly Bar(B)	Chicken Parmesan Sandwich or Hot Dog Bar(A) Philly Bar(B)	Sweet & Sour Chicken Fried Rice or Hot Dog Bar(A) Philly Bar(B)	Veggie & Cheese Quesadilla or Hot Dog Bar(A) Philly Bar(B)
Featured Veggies: Garbanzo Beans Red Pepper Strips Choice of Fruit Choice of Milk	Featured Veggies: Corn Potato Wedges Choice of Fruit Choice of Milk	Featured Veggies: French Fries Romaine Side Salad Choice of Fruit Choice of Milk	Featured Veggies: Stir Fry Vegetables Baby Carrots Choice of Fruit Choice of Milk	Featured Veggies: Celery Sautéed Green Beans Choice of Fruit Choice of Milk

Daily entrée options may include:

Whole Grain Chicken Patty on a Bun w/ a side of Lettuce and Tomato
 Whole Grain Chicken Nuggets w/ Whole Grain Soft Pretzel
 Assorted Fresh Dough Pizza
 Smucker's Uncrustable Peanut Butter and Jelly Sandwich

Monday 9/25	Tuesday 9/26	Wednesday 9/27		
Loaded Fries w/ WG Soft Pretzels or Boneless Wing Bar(A) Baked Potato Bar(B)	Beef Soft Taco Supreme or Boneless Wing Bar(A) Baked Potato Bar(B)	Pulled Pork Sandwich on a Whole Grain Bun Fresh Fruit Cup Boneless Wing Bar(A) Baked Potato Bar(B)		
Featured Veggies: Green Pepper Strips Oven Roasted Zucchini Choice of Fruit Choice of Milk	Featured Veggies: Yellow Beans Street Corn Salad Choice of Fruit Choice of Milk	Featured Veggies: Sweet Potato Home Fries Broccoli w/ Cheese Choice of Fruit Choice of Milk		

A variety of salads, sandwiches and subs offered daily.
 Menu is subject to change based on availability. Brand or Brand Equivalent Foods.

Erie City School District Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Applesauce Goldfish Grahams	Banana Strawberry Chex Mix	Cheddar Goldfish Fresh Apple	Cheddar Chex Mix Carrot Sticks	NO SCHOOL
NO SCHOOL	Heartzel Pretzels Banana	Strawberry Chex Mix Applesauce	Goldfish Grahams Fresh Apple	Cheddar Goldfish Banana
Apple Slices Goldfish Grahams	Animal Crackers Banana	Applesauce Strawberry Chex Mix	Strawberry Nutrigrain Bar Carrot Sticks	Cheddar Chex Mix Fresh Apple
Apple Slices Scooby Snacks	Heartzel Pretzels Banana	Choc. Caramel Chex Mix Fresh Apple	Goldfish Graham Banana	Animal Crackers Applesauce
Applesauce Goldfish Grahams	Banana Strawberry Chex Mix	Cheddar Goldfish Fresh Apple		

Grades K-5 snack menu.

All grains offered are whole grain.

A student must take both snack items for the snack to count as a reimbursable snack.

Menu is subject to change based on availability.

Brand or Brand Equivalent Foods

USDA is an equal opportunity provider and employer.

Erie's City School District Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Peanut Butter & Jelly Uncrustable Cheese Stick Carrot Sticks Fresh Apple Choice of Milk	Yogurt & Cheesestick Combo Mini Loaf Animal Crackers Celery Sticks Sliced Apples Choice of Milk	Turkey & Cheese on a Whole Grain Bun Cucumber Slices Banana Choice of Milk	Super Fruit Craveable Cherry Tomatoes Choice of Milk	
Yogurt & Cheesestick Combo Mini Loaf Strawberry Chex Mix Carrot Sticks Fresh Apple Choice of Milk	Peanut Butter & Jelly Uncrustable Cheese Stick Celery Sticks Applesauce Choice of Milk	Turkey & Cheese Snack Platter Goldfish Crackers Heartzels Cucumber Slices Banana Choice of Milk	Pizza Craveable Carrot Sticks 100% Fruit Juice Choice of Milk	
Peanut Butter & Jelly Uncrustable Cheesestick Carrot Sticks Applesauce Choice of Milk	Turkey & Cheese on a Whole Grain Bun Celery Sticks Apple Slices Choice of Milk	Yogurt & Cheesestick Combo Mini Loaf Goldfish Grahams Cucumber Slices Banana Choice of Milk	Super Fruit Craveable Cherry Tomatoes Choice of Milk	
Yogurt & Cheesestick Combo Mini Loaf Cheddar Chex Mix Carrot Sticks Fresh Apple Choice of Milk	Peanut Butter & Jelly Uncrustable Cheesestick Celery Sticks Applesauce Choice of Milk	Nacho Craveable Cucumber Slices Apple Slices Choice of Milk	Cheese Pizza Craveable Carrot Sticks 100% Fruit Juice Choice of Milk	

All grains offered are whole grain.

A student must take 3 of the 5 components available for a reimbursable dinner. A minimum of 1/2 c. serving of fruit or a minimum of 1/2 c. of vegetable must accompany a reimbursable dinner.

**Meat or meat alternate
Vegetable
Fruit
Whole Grain/Bread
Choice of Milk: 1% white, fat-free white & fat-free Chocolate**

Brand or Brand Equivalent Foods

Menu is subject to change based on availability.

USDA is an equal opportunity provider and employer.

Boys & Girls Club Dinner Menu

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1
Chicken Patty on a Whole Grain Bun	Taco Pizza	Waffles w/ Syrup & Pork Sausage Links	Ham & Cheese on a Pretzel Bun	NO SCHOOL
Featured Veggies: French Fries	Featured Veggies: Green Beans	Featured Veggies: Tater Triangle	Featured Veggies: Corn	
100% Fruit Juice Choice of Milk	Sliced Apples Choice of Milk	Banana Choice of Milk	Fresh Orange Choice of Milk	
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8
NO SCHOOL	Chicken Tenders w/ a Whole Grain Dinner Roll	Italian Meatball & Cheese Hoagie	Turkey & Cheese on a Whole Grain Bun	Domino's Pizza
	Featured Veggies: Peas	Featured Veggies: Corn	Featured Veggies: Carrot Sticks	Featured Veggies: Romaine Salad
	Pears Choice of Milk	Banana Choice of Milk	Fresh Orange Choice of Milk	Fresh Apple Choice of Milk
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15
Beef Nachos Grande w/ Tortilla Chips & Lettuce/Cheese Topping	Hot Dog on a Whole Grain Bun	Chicken Nuggets w/ a Whole Grain Dinner Roll	Goulash	Domino's Pizza
Featured Veggies: Corn	Featured Veggies: Baked Beans	Featured Veggies: Cooked Carrots	Featured Veggies: Celery Sticks	Featured Veggies: Romaine Salad
100% Fruit Juice Choice of Milk	Sliced Apple Choice of Milk	Banana Choice of Milk	Fresh Orange Choice of Milk	Applesauce Choice of Milk
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22
Chicken Patty on a Whole Grain Bun	Cheeseburger on a Whole Grain Bun	Stuffed Shells Whole Grain Garlic Stick	Pancakes w/ Syrup Pork Sausage Links	Domino's Pizza
Featured Veggies: Cooked Carrots	Featured Veggies: French Fries	Featured Veggies: Corn	Featured Veggies: Tater Triangle	Featured Veggies: Romaine Salad
Apple Slices Choice of Milk	Pears Choice of Milk	Banana Choice of Milk	Fresh Orange Choice of Milk	Fresh Apple Choice of Milk
Monday 9/25	Tuesday 9/26	Wednesday 9/27		
Popcorn Chicken w/ a Whole Grain Dinner Roll	Grilled Cheese Sandwich	Boneless Chicken Wings w/ a Whole Grain Dinner Roll & BBQ dipping Sauce		
Featured Veggies: French Fries	Featured Veggies: Cucumbers	Featured Veggies: Broccoli		
100% Fruit Juice Choice of Milk	Apple Slices Choice of Milk	Banana Choice of Milk		

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, broccoll, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and chick peas
Starchy White - potatoes, corn, peas and 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

Brand or Brand Equivalent Foods