# 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 Com 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 Cocoa Puffs	WG Crunch Mania	WG Maple Waffle Snaps	NO SCHOOL	
WG Cheez-Its	WG Berry Animal Crackers	Tro Grandit India	Tro mapio tranic onapo	110 0011002	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		
Apple	Apple	Apple	Apple		
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	V	
1% or Skim	1% or Skim	1% or Skim	1% or Skim		
NO SCHOOL	WG Cinn Toast Crunch	WG Cinn Crispy Bites	WG Cinnamon Roll	WB UBR Bar	
NO SOFIOOE	WG Mini Vanilla Wafers	WG Strawberry Bar	WG Chination Roll	WE OBK BAI	
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juic	
	Apple	Apole	Apple	Apple	
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
	1% or Fat-Free	1% or Fat-Free	1% or Fat-Free	1% or Fat-Free	
LONG MENTAL SERVICE					
WG Cocoa Puff	WG Froot Loop	WG Blueberry Lemon Bites	WG Chocolate Chip Waffle Shaps	WG Blueberry Muffin	
WG Scooby Snacks	WG Bug Bites	WG Chocolate Bear		WG Cheez-Its	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
Apple	Apple	Apple	Apple	Apple	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
1% or Skim	1% or Skim	1% or Skim	1% or Skim	1% or Skim	
WG Cinn Toast Crunch	WG Cinnamon Chex	WG Cocoa Puffs	MO Diverse Mini Land	MO Described	
WG Belly Bear	WG Cheez-Its	WG Graham Cracker	WG Blueberry Mini Loaf WG Cocoa Crispy Bites	WG Banana Mini Loaf WG Goldfish	
110000,000	110 011002 120	TO Grandin Gradion	We could only blice	TO COGUST	
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
Apple	Apple	Apple	Apple	Apple Apple	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
1% or Skim	1% or Skim	1% or Skim	1% or Skim	1% or Skim	
MC Change	MC Coope D. ffs	WO County Manie		W W W W W	
WG Cheerios WG Cheez-Its	WG Cocoa Puffs WG Berry Animal Crackers	WG Crunch Mania			
ssorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice			
Apple	Apple	Apple			
Choice of Milk	Choice of Milk	Choice of Milk			
1% or Skim	1% or Skim	1% or Skim			

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

Dally 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.

#### Breakfast Menu - Middle School Breakfast at the Door

Monday	Tuesday	Wednesday	Thursday	Friday	
WG Crunch Mania	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	NO SCHOOL	
Assorted 100% Fruit Juice	WG Hot Breaklast Salktwich Collido	or	or	NO SCHOOL	
	,		,		
Apple	WG Cinna Mini	WG Choc Chip Loaf	WG Maple Waffle Snaps		
Choice of Milk	Assorted 100% Fruit Juice	Wg Cheez-lis	Assorted 100% Fruit Juice		
1% White, Skim or Fal-Free Chocolate	Apple	Assorted 100% Fruit Juice	Apple		
	Choice of Milk	Apple	Choice of Milk		
	1% White, Skim or Fat-Free Chocolate	Choice of Milk	1% White, Skirn or Fat-Free Chocolate	83	
		1% White, Skim or Fal-Free Chocolate			
NO SCHOOL	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WB UBR Bar	
	or	or	or	Assorted 100% Fruit Juice	
	WG Chọc Muffin	Wo Banana Mini Loaf	WG Cinnamon Roll	Apple	
	WG Mini Vanilla Wafers	WG Chat Snax	Assorted 100% Fruit Juice	Choice of Milk	
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Apple	1% White, Skim or Fal-Free Chocola	
	Apple	Apple	Choice of Milk		
	Choice of Milk	Choice of Milk	1% White, Skim or Fal-Free Chocolate	10	
	1% White. Skim or Fat-Free Chocolate	1% White. Skim or Fat-Free Chocolate	TA THERE, SAIII OF THE THE CARCULAGE		
	170 William, Smill of Paterior Chocolate	TA THIRE, SUITUI FA-FIEE CHOCAIAGE			
WG Blueberry Lemon Bites	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Blueberry Muffin	
WG Choc Elf Bears	or	or	Or	WG Cheez-Its	
Assorted 100% Fruit Juice	WG Apple Nutri Grain Bar	WG Choc Choc Muffin	WG Chocolate Chip Waffle Snaps	Assorted 100% Fruit Juice	
Apple	WG Bug Bites	Wg Scooby Snacks	Assorted 100% Fruit Juice	Apple	
Choice of Milk	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Арріе	Choice of Milk	
1% White, Skim or Fal-Free Chocolate	Apple	Apple	Choice of Milk	1% White, Skim or Fat-Free Chocola	
	Choice of Milk	Choice of Milk	1% White, Skim or Fat-Free Chocolate		
	1% White, Skim or Fal-Free Chocolate	1% White, Skim or Fat-Free Chocolate			
	1000	# # E			
WG Granola Crispy Bites	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Banana Mini Loaf	
WG Cinnamon Goldfish	or .	or	<b>O</b> F	WG Goldfish	
Assorted 100% Fruit Juice	WG Apple Frudel	WG Doughnut	WG Donut Holes	Assorted 100% Fruit Juice	
Apple	Assorted 100% Fruit Juice	Wg Cocoa Crispy Bites	Assorted 100% Fruit Juice	Apple	
Choice of Milk	Apple	Assorted 100% Fruit Juice	Apple	Choice of Milk	
% White, Skim or Fat-Free Chocolate	Choice of Milk	Apple	Choice of Milk	1% White, Skim or Fat-Free Chocola	
	1% White, Skim or Fat-Free Chocolate	Choice of Milk	1% White, Skim or Fat-Free Chocolate		
		1% White, Skirn or Fal-Free Chocolate			
WG Crunch Mania	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo			
Assorted 100% Fruit Juice	OF OUR DISEASED SHIPMICE COLLIDO	NA Unit presides patromicis contro			
Apple	WG Cinna Mini	WG Choc Chip Loaf			
Choice of Milk	Assorted 100% Fruit Juice	Wg Cheez-Its	30		
1% White, Skim or Fat-Free Chocolate	Apple	Assorted 100% Fruit Juice			
	Choice of Milk	Apple			
	1% White, Skim or Fat-Free Chocolate	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 Cocca 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	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	NO SCHOOL
Of	or	or	or	
WG Crunch Mania	WG Cinna Mini	WG Choc Chip Loaf	WG Maple Waffle Snaps	
		Wg Cheez-Its		
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	
Apple	Apple	Apple	Apple	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocotate	1% White, Skim or Fat-Free Chocolate	1% White, Skirn or Fat-Free Chocolate	
			10.000 ARRESTA	
NO SCHOOL	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Comi
	or	or	or	or
	WG Choc Muffin	Wg Banana Mini Loaf	WG Cinnamon Roll	WB UBR Bar
	WG Mini Vanilla Wafers	WG Chat Snax		
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	Apple	Apple	Apple	Apple
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolat
				765
WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Comb
QF	or	or	or	or
WG Blueberry Lemon Bites	WG Apple Nutri Grain Bar	WG Choc Choc Muffin	WG Chocolate Chip Waffle Snaps	WG Blueberry Muffin
WG Choc Elf Bears	WG Bug Bites	Wg Scooby Snacks		WG Cheez-Its
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
Apple	Apple	Apple	Apple	Apple
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
1% White, Skim or Fal-Free Chocolate	1% White. Skim or Fat-Free Chocolate	1% White, Skim or Fal-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate
WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Comb
or	or	or	or	or
WG Granola Crispy Bites	WG Apple Frudel	WG Doughnut	WG Donut Holes	WG Banana Mini Loaf
WG Cinnamon Goldfish		Wg Cocoa Crispy Bites		WG Goldfish
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
Apple	Apple	Apple	Apple	Apple
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
1% White, Skim or Fal-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate
WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo	WG Hot Breakfast Sandwich Combo		
or of	or of the prediction of the property of the pr	Of		
WG Crunch Mania	WG Cinna Mini	WG Choc Chip Loaf		
TTO GUIGI Midild	ALC CHUR DANII	Wg Cheez-Its		
Accorded 1009: Code below	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice		
Assorted 100% Fruit Juice				
Apple Chaire of Nation	Apple Chains of Mat-	Apple Chains of Milk		
Choice of Milk	Choice of Milk	Choice of Milk		
1% White, Skim or Fat-Free Chocolate	1% White, Skim or Fat-Free Chocolate	1% White, Skirn or Fat-Free Chocolate		

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

Dally 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

#### Breakfast Cafe Menu - Create your own Combo Collegiate, Erie High, SV, Wilson, Skills, Leadership, Discovery & EG

Tuesday	Wednesday	Thursday	Friday
Create your own Combo	Create your own Combo	Create your own Cambo	Create your own Combo
Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	
Strawborry, Pineappie & Barrana Smoothie	Strawborry, Pinsappie & Banana Smoothie	Strawberry, Pineapple & Banana Smoothie	No School
Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich	Sousage, Egg & Cheese Breakfast Sandwich	1,000,000
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	(4)
Choice of Milk	Choice of Milk	Choice of Milk	
Choice of Fruit	Choice of Fruit	Choice of Fruit	
Create your own Combo	Creale your own Combo	Create your own Combo	Create your own Comba
Pineapple Banana Smoothie	Pineapple Banana Smoothie	Pineapple Banana Smoothie	Pineapple Banana Smoothie
Chocolate Espresso Smoothie	Chocolate Espresso Smoothie	Chocolate Espresso Smoothie	Chocolate Espresso Smoothie
Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwick
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
Create your own Combo	Create your own Combo	Create your own Combo	Creale your own Combo
Strawberry Banana Smoothie	Strawberry Banana Smoothie	Strawberry Banana Smoothie	Strawberry Banana Smoothie
Tropical Smoothie	Tropical Smoothie	Tropical Smoothie	Tropical Smoothie
Sausago, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Choese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	Egg & Choese 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
Create your own Combo	Create your own Combo	Create your own Combo	Create your own Combo
Orange Crush Smoothie	Orange Crush Smoothie	Orange Crush Smoothie	Orange Crush Smoothie
Purple Berry Smoothie	Purple Berry Smoothie	Purple Berry Smoothie	Purple Berry Smoothie
Sausage, Egg & Cheese Breakfast Sandwich	Sausage, Egg & Cheese Breakfast Sandwich	Sausage. Egg & Cheese Breakfast Sandwich	Sausse, Em & 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
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	Chaice of Fruit
Create your own Combo	Create your own Comba	Create your own Combo	Create your own Combo
Strawberry Blitz Smoothie	Strawberry Blitz Smoothie	/***/*////////////////////////////////	
	Sausage, Egg & Cheese Breakfast Sandwich		
Egg & Cheese Breakfast Sandwich	Egg & Cheese Breakfast Sandwich	V 200 - V	
Breakfast Pizza	Breakfast Pizza		
		4	
Assorted Whole Grains	Assorted Whole Grains		
Assorted Whole Grains Choice of Milk	Assorted Whole Grains Choice of Milk		
	Strawberry Blitz Smoothie Strawberry Pinsappie & Banana Smoothie Egg & Cheese Breakfast Sandwich Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Milk Choice of Fruit  Chocolate Espresso Smoothie Sausage. Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Milk Choice of Fruit  Strawberry Banana Smoothie Thopical Smoothie Sausage. Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit  Choice of Fruit  Sausage. Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit  Orange Crush Smoothie Purple Berry Smoothie Sausage. Egg & Cheese Breakfast Sandwich Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit  Choice of Fruit  Sausage. Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Milk Choice of Fruit  Sausage. Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit  Strawberry Bitz Smoothie	Strawberry Blitz Smoothie Strawberry Pinsappie & Banana Smoothie Strawberry Pinsappie & Banana Smoothie Strawberry Pinsappie & Banana Smoothie Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit Chocotate Espresso Smoothie Chocotate Espresso Smoothie Strawberry Blitz Smoothie Strawberry Bitz Smoothie Strawberry Bitz Smoothie Strawberry Banana Smoothie Chocotate Espresso Smoothie Strawberry Banana Smoothie Choice of Milk Choice of Fruit Choice of Milk Choice of Fruit Strawberry Banana Smoothie Tropical Smoothie Tropical Smoothie Sausaga Egg & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Milk Choice of Fruit Choice of Milk Choice of Milk Choice of Fruit Choice of Milk Choice of Milk Choice of Milk Choice of Milk Choice of Fruit Choice of Milk Choice of Fruit Choice of Fruit Choice of Milk Choice of Fruit Choice of Fr	Strawberry Bitz Smoothie Egg & Cheese Breakfast Sandwich Bega & Cheese Breakfast Sandwich Breakfast Pizza Assorted Whole Grains Choice of Fruit Strawberry Banana Smoothie Tropical Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Tropical Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Tropical Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Tropical Smoothie Strawberry Banana Smoothie Strawberry Banana Smoothie Tropical Smoothie Strawberry Banana Smo

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 Froot Loops **Cinnamon Chex** Cheerios

Whole Grains that count as 1 portion may 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

Offer 4 selections per day

Whole Grains that count as 2 portions 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 Smoothle
- USDA is an equal opportunity provider and employer.

## **CROWN MENU** 6-Week Cycle Lunch Menu Middle Schools, Perseus House, R. Benjamin Wiley

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1	What is a Meal?
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	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
Featured Veggles:  Cucumbers  Choice of Fruit  Choice of Milk	Featured Veggles:  Red Pepper Strips  Choice of Fruit  Choice of Milk	Featured Veggles: Strawberry Spinach Salad Choice of Fruit Choice of Milk	Featured Veggles:  Tater Triangles Choice of Fruit Choice of Milk		Meat or meat alternate Choice of Vegetable Choice of Fruit Grain/Bread Choice of Milk - 1% white, fat-free white,
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	& chocolate
NO SCHOOL	Greek Dog on a Whole Grain Bun	Sliced Turkey w/ Gravy & 2 Whole Grain Pretzels	Goulash	Grilled Cheese Sandwich	Weekly Vegetable Subgroups May Include: Dark Green - spinach, broccoll,
	Featured Veggles:  Vegetarian Baked Beans Choice of Fruit Choice of Milk	Featured Veggles:  Mashed Potatoes w/ Gravy Choice of Fruit Choice of Milk	Featured Veggles:  Romaine Side Salad  Choice of Fruit  Choice of Milk	Featured Veggles:  Cream of Tomato Soup Choice of Fruit Choice of Milk	romaine and spring salad Red/Orange - carrots, sweet potatoes, tomatoes and red peppers Legurnes - beans and chick peas Starchy White - potatoes, corn, peas and lima beans
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15	Other Vegetables - celery sticks,
					cucumbers, cauliflower, green peppers, green beans, cabbage and
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	green peppers
Featured Veggles: Dill Seasoned Tater Triangles	Featured Veggles: Cucumber Slices	Featured Veggies: Broccoli	Featured Veggles: Green Beans	Featured Veggles: Cherry Tomatoes	Daily Fruit Selections  May Include:  oranges, apples, bananas, fruit Juice, pears, peaches, strawberries,
Choice of Fruit	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	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 Dontos Cookies & Cream Chewy Granola Bar	Pasta w/ Meatballs w/a Whole Grain Garlic Stick	Sweet & Sour Chicken Fried Rice	Beef Philly Cheesesteak	
Featured Veggles:	Featured Veggies:	Featured Veggles:	Featured Veggles:	Featured Veggles:	Daily entrée options may include:
Red Pepper Slices Choice of Fruit Choice of Milk	Com Choice of Fruit Choice of Milk	Romaine Side Salad Choice of Fruit Choice of Milk	Baby Carrots Choice of Fruit Choice of Milk	French Fries Choice of Fruit Choice of Milk	Whole Grain Chicken Patty on a Bun Lettuce and Tomato Side Available Assorted Fresh Dough Pizza Smucker's Uncrustable Peanut Butter &
Monday 9/25	Tuesday 9/26	Wednesday 9/27			Jelly
Chicken Tenders w/a Whole Grain Pretzel	Soft Shell Beef Tacos	French Toast Sticks w/ Pork Sausage Links HS: + Cheese Stick Fresh Fruit Cup			Garden Salad or Turkey Entree Salad Salads served w/ Goldfish Crackers & a Whole Grain Pretzel Sub Sandwiches Menu is subject to change based on
Featured Veggles:	Featured Veggles:	Featured Veggles:			availability. Brand or Brand Equivalent Foods.
Green Pepper Strips Choice of Fruit Choice of Milk	Tomatoes Choice of Fruit Choice of Milk	Sweet Potato Home Fries Choice of Fruit Choice of Milk		j	

#### **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	What is a Meal?
DESCRIPTION OF THE PROPERTY OF					You must choose at least 3 of the 5
Chicken Nuggets w/ a Whole Grain Soft Pretzel	Beef Walking Taco w/Tostito Scoops & a Choc. Chip Chewy	Butter Chicken w/ Whole Grain Flat Bread	Pancakes w/Syrup	NO SCHOOL	components available for the school lunch price. A minimum of 1/2 cup
Whole Grain Soil Fleizer	Granola Bar	Whole Grain Flat Breau	& Pork Sausage Links		serving of fruit or a minimum of a 1/2
			777		cup of vegetable must accompany a reimbursable lunch
Featured Veggles:	Featured Veggles:	Featured Veggies:	Featured Veggies:		Block or most alternate
Cucumbers	Red Pepper Strips	Strawberry Spinach Salad	Tater Triangles	1 2	Meat or meat alternate Choice of Vegetable
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit		Choice of Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk		Grain/Bread Choice of Milk - 1% white, fat-free white
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	& chocolate
NO 0011001	11.5				
NO SCHOOL	Hot Dog on a Whole Grain Bun	Chicken Patty on a Whole Grain Bun	Goulash	Superfruit Craveable w/ a Blueberry Mini Loaf	Weekly Vegetable
	Grain Buit	WHOIC GIAIN DON		w/ a blocoerry with Loan	Subgroups May Include:
	777		Domino's Pizza: Edison, Diehl, Cleveland, Perry		Dark Green - spinach, broccoli,
	Featured Veggles:	Featured Veggles:	Featured Veggles:	Featured Veggies:	romaine and spring salad Red/Orange - carrots, sweet potatoes,
	Vegetarian Baked Beans	Green Beans	Romaine Side Salad	Tomatoes	tomatoes and red peppers
	Obsides of Facility	Obeles of Perits	01-1		Legumes - beans and Chick peas Starchy White - potatoes, corn, peas
	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	Choice of Fruit Choice of Milk	and lima beans
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15	Other Vegetables - celery sticks,
Monday 7711	1003447 7/12	Wednesday 7/10	morsady 7/14	111day 7/10	cucumbers, cauliflower, green peppers, green beans, cabbage and
Cheeseburger Casserole	Chicken Gyro	Hawaiian Meatballs over	Waffles w/Fried Chicken Leg	Macaroni & Cheese	green peppers
w/a Whole Grain Soft Pretzel	w/ Side of Tzatziki Sauce	Rice			
					Daily Fruit Selections
	7-7-4-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-		711711111111111111111111111111111111111		May Include:
Featured Veggles:	Featured Veggles:	Featured Veggles:	Featured Veggies:	Featured Veggles:	oranges, apples, bananas, fruit juice,
Dill Seasoned Tater Triangles	Cucumbers	Broccoli	Green Beans	Tomatoes	pears, peaches, strawberries,
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	applesauce, pineapple and mandarin oranges
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	*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	Chicken Walking Taco	Pasta w/ Meatballs	Sweet 'n Sour Chicken	For & Chance Board Standards	
Whole Grain Bun	w/Nacho Cheese Dontos	r dota w Meathallo	Fried Rice	Egg & Cheese Bagel Sandwich	
	Cookies & Cream Chewy Granola Bar		0-1-1-0-0-00-00-00-0-0-0-0-0-0-0-0-0-0-		
	3		Domino's Pizza: RB Wiley, Lincoln, Harding, P.B.		
Featured Veggies:	Featured Veggles:	Featured Veggles:	Featured Veggles:	Featured Veggles:	Daily entrée options may include:
Red Pepper Strips	Com	Romaine Side Salad	Baby Carrots	Tater Triangles	Daily aptrée entions may include
Choice of Fruit	Choice of Equit	Choice of Fruit	Choice of Equit	Choice of Equit	Turkey Entree Salad with Goldfish
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Crackers *
Monday 9/25	Tuesday 9/26	Wednesday 9/27			
					Smucker's Uncrustable PB&J w/
Chicken Tenders w/a	Soft Shell Beef Tacos	French Toast Sticks w/			
Whole Grain Soft Pretzel	1	Pork Sausage Links Fresh Fruit Cup		3	Goldfish Crackers *
		<b>****</b> ********************************			* Additional soft pretzel is available
Factured Vennier	Factured Vessies	Eartured Venden			wpon request:  Menu subject to change based on
Green Pepper Strips	Tomatoes	Sweet Potato Home Fries			avallability.
,					Brand or Brand Equivalent foods
Choice of Fruit	Choice of Fruit	Choice of Fruit			
Choice of Milk	Choice of Milk	Undice of Milk			
Red Pepper Strips  Choice of Fruit Choice of Milk  Monday 9/25  Chicken Tenders w/a Whole Grain Soft Pretzel  Featured Veggles: Green Pepper Strips	Com Choice of Fruit Choice of Milk Tuesday 9/26 Soft Shell Beef Tacos  Featured Veggles: Tomatoes	Choice of Fruit Choice of Milk  Wednesday 9/27  French Toast Sticks w/ Pork Sausage Links Fresh Fruit Cuo  Featured Veggles: Sweet Potato Home Fries	Baby Carrots Choice of Fruit	Tater Triangles  Choice of Fruit	Daily entrée options may include Turkey Entree Salad with Goldfist 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 availabl upon request. Menu subject to change based o

# **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	What is a Meal?
					You must choose at least 3 of the 5
Chicken Ranch Wrap	Beef Walking Taco w/ Tostito Scoops	8utter Chicken w/ Whole Grain Flat Bread	Crispy Chicken Salad w/ Fries	NO SCHOOL	components available for the school lunch price. A minimum of 1/2 cup
or	or	or			serving of fruit or a minimum of a 1/2
Breakfast Bar(A) Hot Dog Bar(B)	Breakfast Bar(A) Hot Dog Bar(B)	Breakfast Bar(A) Hot Dog Bar(B)	Breakfast Bar(A) Hot Dog Bar(B)		cup of vegetable must accompany a reimbursable lunch
Featured Veggles:	Featured Veggies:	Featured Veggles:	Featured Veggles:		Meat or meat alternate
Roasted Zucchini	Black Bean & Com Salad	Strawberry Spinach Salad	French Fries		Choice of Vegetable
Cucumbers	Red Pepper Strips	Garlic Parmesan Broccoli	Apple & Celery Side Salad		Choice of Fruit
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit		Grain/Bread
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk		Choice of Milk - 1% white, fat-free white,
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	& chocolate
(1) (1) (1) (1) (1) (1) (1) (1) (1) (1)					
NO SCHOOL	Greek Dog on a	Sliced Turkey w/ Gravy	Goulash	Grilled Cheese Sandwich	
	Whole Grain Bun	& 2 Whole Grain Soft Pretzels			Weekly Vegetable
	or	or	Or	or	Subgroups May Include:
	Hamburger Bar(A)	Hamburger Bar(A)	Hamburger Bar(A)	Hamburger Bar(A)	Dark Green - spinach, broccoli,
	Mac & Cheese Bar(B)	Mac & Cheese Bar(B)	Mac & Cheese Bar(B)	Mac & Cheese Bar(B)	romaine and spring salad
_	Featured Veggies:	Featured Veggles:	Featured Veggies:	Featured Veggles:	Red/Orange - carrots, sweet potatoes,
	Green Peppers	Mashed Potatoes w/ Gravy	Romaine Side Salad	Broccoli	tomatoes and red peppers
	Vegetarian Baked Beans	Green Beans	Apple Cider Slaw	Cream of Tomato Soup	Legumes - beans and chick peas
	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Starchy White - potatoes, corn, peas
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	and lima beans
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15	Other Vegetables - celery sticks,
					cucumbers, cauliflower, green peppers, green beans, cabbage and
Cheeseburger Casserole	Chicken Gyro	Hawaiian Meatballs over	Chicken 'N Waffle Sandwich	Chicken Bacon Ranch Sub	green peppers
w/a Whole Grain Dinner Roll	w/ Side of Tzatziki Sauce	Rice	w/ Hot Honey Glaze	_	g. our poppers
or David Builds	or	or	or	or The	
Pasta Bar(A)	Pasta Bar(A)	Pasta Bar(A)	Pasta Bar(A)	Pasta Bar(A)	Daily Fruit Selections
Taco Bar(B)	Taco Bar(B)	Taco Bar(B)	Taco Bar(B)	Taco Bar(B)	· ·
Featured Veggles:	Featured Veggles:	Featured Veggies:	Featured Veggles:	Featured Veggies:	May Include:
Dill Seasoned Tater Triangle Peas	Roasted Vegetables	Broccoli	Green Beans	Tomatoes	oranges, apples, bananas, truit juice,
	Cucumbers Chains of Smith	Colesiaw	Cucumber Salad w/ Dressing	Asian Pepper Slaw	pears, peaches, strawberries, applesauce, pineapple and mandarin
Choice of Fruit Choice of Milk	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	oranges
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	1
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22	
Mini Mac Burger on a	South West Chicken	Chicken Parmesan	Sweet & Sour Chicken	Veggie & Cheese	
Whole Grain Bun	w/ Rice Bowl	Sandwich	Fried Rice	Quesadilla	
Hot Dog Bar(A)	Hot Dog Bar(A)	Hot Dog Bar(A)	or Hot Dog Bar(A)	or Hot Dog Bar(A)	
Philly Bar(B)	Philly Bar(8)	Philly Bar(B)	Philly Bar(B)	Philly Bar(B)	
Featured Veggies:	Featured Veggles:	Featured Veggles:	Featured Veggies:	Featured Veggles:	Daily entrée options may include:
Garbanzo Beans	Corn	French Fries	Stir Fry Vegetables	Celery	- any conice opions may include.
Red Pepper Strips	Potato Wedges	Romaine Side Salad	Baby Carrots	Sauteed Green Beans	Whole Grain Chicken Patty on a Bun
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	w/ a side of Lettuce and Tomato
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Whole Grain Chicken Nuggets w/
Monday 9/25	Tuesday 9/26	Wednesday 9/27			Whole Grain Soft Pretzel
2000				21	Assorted Fresh Dough Pizza Smucker's Uncrustable Peanut Butter
Loaded Fries w/	Beef Soft Taco Supreme	Pulled Pork Sandwich on			and Jelly Sandwich
WG Soft Pretzels	Sou ook 1900 Subjetite	a Whole Grain Bun			and sony sellemen
or or	or	Fresh Fruit Cup			A variety of salads, sandwiches and
Boneless Wing Bar(A)	Boneless Wing Bar(A)	Boneless Wing Bar(A)		1	subs offered daily.
Baked Potato Bar(B)	Baked Potato Bar(B)	Baked Potato Bar(B)	VI_SIT_EVI		Menu is subject to change based on
Featured Veggles:	Featured Veggles:	Featured Veggies:			availability. Brand or Brand Equivalent
Green Pepper Strips	Yellow Beans	Sweet Potato Home Fries			Foods.
Oven Roasted Zucchini	Street Com Salad	Broccoli w/ Cheese	1		
Choice of Fruit	Choice of Fruit	Choice of Fruit			
Choice of Milk	Choice of Milk	Choice of Milk			
925 176					

# Erie City School District Snack Menu

day	Tuesday	Wednesday	Thursday	Friday
sauce	Banana	Cheddar Goldfish	Chedder Chex Mix	NO SCHOOL
Grahams	Strawberry Chex Mix	Fresh Apple	Carrot Sticks	
HOOL	Heartzel Pretzels	Strawberry Chex Mix	Goldfish Grahams	Cheddar Goldfish
	Banana	Applesauce	Fresh Apple	Banana
Slices	Animal Crackers	Applesauce	Strawberry Nutrigrain Bar	Cheddar Chex Mix
Grahams	Banana	Strawberry Chex Mix	Carrot Sticks	Fresh Apple
olices	Heartzel Pretzels	Choc. Caramel Chex Mix	Goldfish Graham	Animal Crackers
Snacks	Banana	Fresh Apple	Banana	Applesauce
auce rahams	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.

fenu is subject to change based on availability.

Brand or Brand Equivalent Foods

# Erie's City School District Dinner Menu

Monday	Tuesday	Wednesday	Thursday	Friday
The second				
Peanut Butter & Jelly	Yogurt & Cheesestick	Turkey & Cheece	Sugar Fact Convention	
Uncrustable	Combo	Turkey & Cheese on a Whote Grain Bun	Super Fruit Craveable	
Cheese Stick	Mini Loaf	On a Whole Gram bun		
Crosse Suck	Animal Crackers			/
Compt Stieke		Cusumbas Clinas		
Carrot Sticks	Celery Sticks	Cucumber Slices	Ohama Tanastana	
Fresh Apple	Sliced Apples	Banana	Cherry Tomatoes	
Choice of Milk	Choice of Milk	Chaice of Milk	Choice of Milk	
Yogurt & Cheesestick	Peanut Butter & Jelly	Turkey & Cheese Snack	Pizza Craveable	
Combo	Uncrustable	Platter	T IEEG GIWIGODIO	
Mini Loaf	Cheese Stick	Goldfish Crackers	1	
Strawberry Chex Mix	ONOGEO CHOK	Heartzels		
Carrot Sticks	Celery Sticks	Cucumber Slices	Carrot Sticks	
Fresh Apple	Applesauce	Banana	100% Fruit Juice	
riesa Apple	Applesauce	oanana	100% Fruit Juice	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
1 27 27				No.
Peanut Butter & Jelly	Turkey & Cheese on a	Yogurt & Cheesestick	Super Fruit Craveable	
Uncrustable	Whole Grain Bun	Combo		
Cheesestick		Mini Loaf		
i		Goldfish Grahams		
Carrot Sticks	Celery Sticks	Cucumber Slices	Cherry Tornatoes	
Applesauce	Apple Slices	Banana	Onciry romandos	
, <del>ppiooacao</del>	, ppo cilodo	Conunc		
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
ogurt & Cheesestick	Peanut Butter & Jelly	Nacho Craveable	Cheese Pizza Craveable	
Combo	Uncrustable			
Mini Loaf	Cheesestick			
Cheddar Chex Mix				
Carrot Sticks	Celery Sticks	Cucumber Slices	Carrot Sticks	
Fresh Apple	Applesauce	Apple Slices	100% Fruit Juice	
		7.0		
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	The second second
:				
			1 1	
		The second	4151 515	

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 a 1/2 c. of vegetable must accompany a reimbursable dinner.

Meat or meat atternate 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.

### Boys & Girls Club Dinner Menu

Monday 8/28	Tuesday 8/29	Wednesday 8/30	Thursday 8/31	Friday 9/1	What is a Meal?
					You must choose at least 3 of the 5
Chicken Patty on a	Taco Pizza	Waffles w/ Syrup & Pork	Ham & Cheese on a	NO SCHOOL	components available for the school
Whole Grain Bun		Sausage Links	Pretzel 8un		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
Featured Veggles:	Featured Veggles:	Featured Veggles:	Featured Veggles:		Meat or meat alternate
French Fries	Green Beans	Tater Triangle	Com		Choice of Vegetable
100% Fruit Juice	Clicad Analas	Dane.	F		Choice of Fruit
Choice of Milk	Sliced Apples Choice of Milk	Banana Choice of Milk	Fresh Orange Choice of Milk		Grain/Bread
Monday 9/4	Tuesday 9/5	Wednesday 9/6	Thursday 9/7	Friday 9/8	Choice of Milk - 1% white, fat-free white, & chocolate
Monday 7/4	Toesady 7/5	Wednesday 7/6	morsady 7/7	Filludy 7/6	1
NO SCHOOL	Chicken Tenders w/ a	Italian Meatball & Cheese	Turkey & Cheese on a	Domino's Pizza	1
	Whole Grain Dinner Roll	Hoagie	Whole Grain Bun	DOMINOS FIZZA	Weekly Vegetable
					Subgroups May Include:
					Dark Green - spinach, broccoll,
	Featured Veggies:	Featured Veggles:	Featured Veggies:	Featured Veggles:	romaine and spring salad
	Peas	Com	Carrot Sticks	Romaine Salad	Red/Orange - carrots, sweet potatoes,
					tomatoes and red peppers Legumes - beans and chick peas
	Pears	Banana	Fresh Orange	Fresh Apple	Starchy White - potatoes, corn, peas
1 2/42	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	and Ilma beans
Monday 9/11	Tuesday 9/12	Wednesday 9/13	Thursday 9/14	Friday 9/15	Other Vegetables - celery sticks, cucumbers, cauliflower, green
D. (N. I. O. I. I.			T-1-200	31,000	peppers, green beans, cabbage and
Beef Nachos Grande w/ Tortilla Chips &	Hot Dog on a Whole Grain Bun	Chicken Nuggets w/ a Whole Grain Dinner Roll	Goulash	Domino's Pizza	green peppers
Lettuce/Cheese Tooping	William Grain Bull	WHOLE GIVING HOLE KOL			
					Daily Fruit Selections
En when d Manuface	Faulus d Manata				May Include:
Featured Veggles: Com	Featured Veggies: Baked Beans	Featured Veggles: Cooked Carrots	Featured Veggles: Celery Sticks	Featured Veggles: Romaine Salad	oranges, apples, bananas, fruit juice,
<b></b>	32.03.250.0	Cooked Carrets	Ocioi y Oticka	Tomaine Salau	pears, peaches, strawberries,
100% Fruit Juice	Sliced Apple	Banana	Fresh Orange	Applesauce	applesauce, pineapple and mandarin
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	oranges
Monday 9/18	Tuesday 9/19	Wednesday 9/20	Thursday 9/21	Friday 9/22	
Chicken Patty on a	Cheeseburger on a	Stuffed Shells	Pancakes w/ Syrup	Domino's Pizza	
Whole Grain Bun	Whole Grain Bun	Whole Grain Garlic Stick	Pork Sausage Links		
Featured Veggles: Cooked Carrots	Featured Veggies: French Fries	Featured Veggies:	Featured Veggies:	featured Veggies:	
Cooked Carrols	riench rues	Com	Tater Triangle	Romaine Salad	
Apple Slices	Pers	Banana	Fresh Orange	Fresh Apple	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
Monday 9/25	Tuesday 9/26	Wednesday 9/27			
					Brand or Brand Equivalent Foods
Popcom Chicken w/ a	Grilled Cheese Sandwich	Boneless Chicken Wings w/			
Whole Grain Dinner Roll		a Whole Grain Dinner Roll		30	
		& BBQ Dipping Sauce	i		
Featured Veggles:	Featured Veggles:	Featured Veggles:	-, -,-,		
French Fries	Cucumbers	Broccoli			
1009/ Englis tidan	Anala Oli	Bassin			
100% Fruit Juice Choice of Milk	Apple Slices Choice of Milk	Banana Choice of Milk			
OTOTO OF IMIR	OLOIGE DI IVIIIX	CHOICE OF WIRK	<u>-</u> -		
·	<del></del>			· · · · · · · · · · · · · · · · · · ·	