

ERIE RISE LEADERSHIP ACADEMY OCTOBER 2018

Breakfast Also Includes:
Fruit
Juice
Milk

Lunch Also Includes:
Assorted Healthy Fruit and Vitamin and Mineral Packed Milk Choice

Fresh Vegetable Options Offered Daily for Grades 3-8

Milk Choices:
1% OR Non-fat Flavored,
1% White, and Skim

Menu Subject to Change

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>BREAKFAST Cinnamon Roll or Cereal and Crackers</p> <p>LUNCH Pizza Pasta Bake with Bread Slice or BBQ Ribs on a Bun Seasoned Peas Vegetarian Baked Beans</p>	<p>2</p> <p>BREAKFAST Zucchini Bread Slice or Cereal and Crackers</p> <p>LUNCH Macaroni and Cheese with Dinner Roll or Spicy Chicken Patty on a Bun Green Beans Cucumber Slices or Deli Sandwich and Side Salad</p>	<p>3</p> <p>BREAKFAST Dunking Stick with Crackers or Cereal and Crackers</p> <p>LUNCH Pork Burrito Bowl or Hamburger on a Bun Zesty Refried Beans Baby Carrots</p> <p>Pudding Treat</p>	<p>4</p> <p>BREAKFAST Strawberry Bagel in a Bag or Cereal and Crackers</p> <p>LUNCH Goulash with Dinner Roll or Chicken Chips with Bread Slice Steamed Broccoli Side Salad or Deli Sandwich and Side Salad</p>	<p>5</p> <p>BREAKFAST Donut Ring or Cereal and Crackers</p> <p>LUNCH Cheese Pizza or Walking Beef Taco with Bread Slice Pepper Slices Cauliflower Florettes</p>
<p>8</p> <p>No School Today</p>	<p>9</p> <p>BREAKFAST Goody Ring or Cereal and Crackers</p> <p>LUNCH Popcorn Chicken Bowl with Bread or Meatball Sub Mashed Potatoes and Gravy Golden Corn or Deli Sandwich and Side Salad</p>	<p>10</p> <p>BREAKFAST Baked Strawberry and Cream Turnover or Cereal and Crackers</p> <p>LUNCH Mini Burgers on Buns or Chicken Broccoli Alfredo with Bread Jessie's Baked BBQ Beans Cucumber Slices</p>	<p>11</p> <p>BREAKFAST Mini Cinnamon Buns or Cereal and Crackers</p> <p>LUNCH Baked Chicken with Dinner Roll or Sloppy Joe on a Bun Au Gratin Potatoes Garden Sweet Peas or Deli Sandwich and Side Salad</p>	<p>12</p> <p>BREAKFAST Cherry Frudel or Cereal and Crackers</p> <p>LUNCH Mexican Pizza or Walking Chicken Taco with Bread Slice Steamed Broccoli Baby Carrots</p> <p>13 Saturday School Breakfast: Cereal and Jungle Crackers Lunch: Deli Sandwich</p>
<p>15</p> <p>BREAKFAST Pro Ball Donuts or Cereal and Crackers</p> <p>LUNCH French Toast Sticks with Scrambled Eggs or Spicy Chicken Patty on a Bun Breakfast Potatoes Carrot and Celery Sticks</p>	<p>16</p> <p>BREAKFAST Mini Loaf and Crackers or Cereal and Crackers</p> <p>LUNCH Pasta with Meatsauce and Bread or Corn Dog Nuggets Seasoned Broccoli Cauliflower Florettes or Deli Sandwich and Side Salad</p>	<p>17</p> <p>BREAKFAST French Toast Bite or Cereal and Crackers</p> <p>LUNCH Fish Sticks and Bread Slice or Pulled Pork Sandwich Calico Baked Beans Sliced Peppers</p> <p>Cookie Treat</p>	<p>18</p> <p>BREAKFAST Yogurt and Crackers or Cereal and Crackers</p> <p>LUNCH Potato Puff Bake with Bread or Chicken Nuggets with Bread Flavorful Green Beans Baby Carrots or Deli Sandwich and Side Salad</p>	<p>19</p> <p>BREAKFAST Guava Strawberry Flip or Cereal and Crackers</p> <p>LUNCH Pepperoni Pizza or Walking Beef Taco with Bread Slice Tempting Tator Tots</p>
<p>22</p> <p>BREAKFAST Wild Berry Forest Bread Slice or Cereal and Crackers</p> <p>LUNCH White Chicken Chili with Rice and Tortilla Chips or Cheeseburger on a Bun Peppery Peas Side Salad</p>	<p>23</p> <p>BREAKFAST Chocolate Chip Benefit Bar or Cereal and Crackers</p> <p>LUNCH Chicken Cheesesteak Hoagie or Buffalo Chicken Macaroni and Cheese with Bread Slice Bold Broccoli Flowerettes Sliced Cucumbers or Deli Sandwich and Side Salad</p>	<p>24</p> <p>BREAKFAST Grape Crescent or Cereal and Crackers</p> <p>LUNCH Baked Chicken with Dinner Roll or Meatloaf Patty with Bread Slice Mashed Potatoes and Gravy Honey Roasted Carrots</p>	<p>25</p> <p>BREAKFAST Banana Muffin or Cereal and Crackers</p> <p>LUNCH Chicken Nachos or Smith's Hot Dog on a Bun Black and White Bean Salad Creamy Coleslaw or Deli Sandwich and Side Salad</p>	<p>26</p> <p>BREAKFAST Apple Roll or Cereal and Crackers</p> <p>LUNCH Cheese Pizza or Walking Chicken Taco with Bread Slice Sweet Corn "Off-the-Cob" Baby Carrots</p>
<p>29</p> <p>BREAKFAST Powdered Donut Pack or Cereal and Crackers</p> <p>LUNCH Chicken Strips and Bread Slice or Pork Fried Rice and Bread Seasoned Collard Greens Celery Sticks</p>	<p>30</p> <p>BREAKFAST Apple Frudel or Cereal and Crackers</p> <p>LUNCH Hot Turkey Sandwich or Corn Dog on a Stick Au Gratin Potatoes Spinach Salad or Deli Sandwich and Side Salad</p>	<p>31</p> <p>BREAKFAST Fudge Pop Tar and String Cheese or Cereal and Crackers</p> <p>LUNCH Popcorn Chicken Bowl with Bread Slice or Fish Sandwich Mashed Potatoes and Gravy Golden Corn</p> <p>Halloween Treat</p>		

In order to qualify for a reimbursable lunch, you must choose 3, 4 or 5 items from these components: Meat/Meat Alternate, Fruit, Vegetable, Grains, Milk. However, one of these components must be a fruit or a vegetable. In order to qualify for a reimbursable breakfast, you must choose 3 or 4 components: Meat/Meat Alternate, or Bread/Bread Alternate or Meat/Bread, Fruit, Milk.