

ERIE RISE LEADERSHIP ACADEMY JANUARY 2019

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

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director's Office of Civil Rights, Room 325-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (202)720-5964 (voice and TDD).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
	1	2	3	4
			<p>BREAKFAST Assorted Breakfast Pastry or Cereal and Crackers</p> <p>LUNCH Corn Dog on a Stick or Fish Sandwich Flavorful Green Beans Baby Carrots or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Cinnamon Roll or Cereal and Crackers</p> <p>LUNCH Papa John's Pizza Oven Baked Potatoes Cherry Tomatoes</p>
7	8	9	10	11
<p>BREAKFAST Powdered Donut Pack or Cereal and Crackers</p> <p>LUNCH Smith's Chili Hot Dog on a Bun or TNG Burger on a Bun Sweet Potato Casserole Vegetarian Baked Beans</p>	<p>BREAKFAST Apple Frudel or Cereal and Crackers</p> <p>LUNCH Baked Chicken with Dinner Roll or Turkey Pot Roast with Bread Mashed Potatoes and Gravy Side Salad or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Zucchini Bread Slice or Cereal and Crackers</p> <p>LUNCH Brunch for Lunch French Toast Sticks w/Sausage Patty or Corn Dog Nuggets Breakfast Potatoes Seasoned Green Beans Cookie Treat</p>	<p>BREAKFAST Assorted Benefit Bars or Cereal and Crackers</p> <p>LUNCH Chicken Rings with Bread or Hamburger on a Bun or Turkey and Cheese Munchable Roasted Broccoli Mediterranean Chickpea Salad or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Donut Ring or Cereal and Crackers</p> <p>LUNCH Papa John's Pizza Golden Corn Baby Carrots</p>
14	15	16	17	18
<p>BREAKFAST Dunking Stick with Crackers or Cereal and Crackers</p> <p>LUNCH Brunch for Lunch Belgian Waffle with Sausage Patty or Spicy Chicken Patty on a Bun Breakfast Potatoes Cherry Tomatoes</p>	<p>BREAKFAST Assorted Pop Tarts with String Cheese or Cereal and Crackers</p> <p>LUNCH Pasta with Meatsauce and Bread or Corn Dog Nuggets Steamed Broccoli Cauliflower Florets or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Chocolate Chip Muffin Top or Cereal and Crackers</p> <p>LUNCH Fish Sticks and Bread Slice or Walking Taco with Bread Golden Corn Calico Baked Beans</p>	<p>BREAKFAST Assorted Benefit Bars or Cereal and Crackers</p> <p>LUNCH Potato Puff Bake with Bread or Chicken Nuggets with Bread Seasoned Green Beans Baby Carrots or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Goody Ring or Cereal and Crackers</p> <p>LUNCH Papa John's Pizza Tempting Tator Tots Celery Sticks</p>
21	22	23	24	25
<p>No School Today</p> 	<p>BREAKFAST Baked Apple Turnover or Cereal and Crackers</p> <p>LUNCH Cheesesteak Hoagie or Fish Sticks with Bread or Nacho and Cheese Munchable Steamed Broccoli Baby Carrots or Deli Sandwich and Side Salad</p>	<p>BREAKFAST Bagel in a Bag or Cereal and Crackers</p> <p>LUNCH Baked Chicken w/Roll or Meatloaf Patty w/Bread Slice Mashed Potatoes and Gravy Honey Roasted Carrots</p>	<p>BREAKFAST Enriched Pastry or Cereal and Crackers</p> <p>LUNCH Papa John's Pizza Golden Corn Sliced Cucumbers</p>	<p>No School Today</p>
28	29	30	31	
<p>BREAKFAST Blueberry Muffin or Cereal and Crackers</p> <p>LUNCH Smith's Hot Dog on a Bun or Chicken Burrito Bowl Black Beans Refried Beans</p>	<p>BREAKFAST Guava Strawberry Flip or Cereal and Crackers</p> <p>LUNCH Cheeseburger on a Bun or Corn Dog Nuggets Oven Baked French Fries Baby Carrots or Deli Sandwich and Side Salad Fruit Crisp</p>	<p>BREAKFAST Grape Crescent or Cereal and Crackers</p> <p>LUNCH Turkey Pot Roast with Bread or Meatball Sub Steamed Green Beans Fresh Cauliflower</p>	<p>BREAKFAST Yogurt and Crackers or Cereal and Crackers</p> <p>LUNCH Baked Chicken with Roll or Meatloaf Patty with Bread Mashed Potatoes and Gravy Broccoli Florets or Deli Sandwich and Side Salad</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.