



ERIE RISE LEADERSHIP ACADEMY FEBRUARY 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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREAKFAST Chocolate Donut Pack or Cereal and Crackers LUNCH Papa John's Pizza Sweet Potato Wedges Celery Sticks
4 BREAKFAST Assorted Pop Tarts and String Cheese or Cereal and Crackers LUNCH Brunch for Lunch: Belgian Waffle with Sausage Patty or Chicken Sticks with Bread Slice Breakfast Potatoes Fresh Broccoli	5 BREAKFAST Cinnamon Bagel in a Bag or Cereal and Crackers LUNCH Baked Chicken with Dinner Roll or Cheeseburger on a Bun Seasoned Green Beans Creamy Coleslaw or Deli Sandwich and Side Salad	6 BREAKFAST Wild Forest Berry Bread or Cereal and Crackers LUNCH Pasta with Meatsauce and Bread or Corn Dog on a Stick Steamed Broccoli Spinach Salad Cookie Treat	7 BREAKFAST Grape Crescent or Cereal and Crackers LUNCH Hot Turkey Sandwich or Meatball Sub or Ham and Cheese Munchable Mashed Potatoes and Gravy Pepper Slices or Deli Sandwich and Side Salad	8 BREAKFAST Cinnamon Roll or Cereal and Crackers LUNCH Papa John's Pizza Golden Corn Roasted Chickpeas
11 BREAKFAST Dunking Stick with Crackers or Cereal and Crackers LUNCH Pizza Pasta Bake with Bread or Turkey Pot Roast with Bread Garden Sweet Peas Vegetarian Baked Beans	12 BREAKFAST Apple Blueberry Benefit Bar or Cereal and Crackers LUNCH Macaroni and Cheese with Dinner Roll or Spicy Chicken Patty on a Bun Flavorful Green Beans Cucumber Slices or Deli Sandwich and Side Salad	13 BREAKFAST Banana Muffin or Cereal and Crackers LUNCH Chicken Burrito Bowl or Hamburger on a Bun Refried Beans Baby Carrots	14 BREAKFAST Chocolate Chip Muffin or Cereal and Crackers LUNCH Goulash with Dinner Roll or Chicken Chips with Bread Slice Steamed Broccoli Side Salad or Deli Sandwich and Side Salad Valentine Treat	15 BREAKFAST Assorted Pastry or Cereal and Crackers LUNCH Papa John's Pizza Sweet Potato Wedges Pepper Slices
18 No School Today	19 BREAKFAST Zucchini Bread Slice or Cereal and Crackers LUNCH Popcorn Chicken Bowl with Bread or Meatball Sub Mashed Potatoes Golden Corn or Deli Sandwich and Side Salad	20 BREAKFAST Donut Ring or Cereal and Crackers LUNCH Mini Burgers on Buns or Chicken Broccoli Alfredo with Bread or Turkey and Cheese Munchable Jesse's Baked BBQ Beans Cucumber Slices Fruit Crisp	21 BREAKFAST Strawberry Bagel in a Bag or Cereal and Crackers LUNCH Baked Chicken with Dinner Roll or Sloppy Joe on a Bun Au Gratin Potatoes Peppery Peas or Deli Sandwich and Side Salad	22 BREAKFAST Grape Crescent or Cereal and Crackers LUNCH Papa John's Pizza Steamed Broccoli Baby Carrots
25 BREAKFAST Dunking Sticks with Crackers or Cereal and Crackers LUNCH Brunch for Lunch: French Toast Sticks with Sausage Patty or Spicy Chicken Patty on a Bun Breakfast Potatoes Sliced Peppers	26 BREAKFAST Goody Ring or Cereal and Crackers LUNCH Pasta with Meatsauce and Bread or Corn Dog Nuggets Broccoli Fresh Cauliflower or Deli Sandwich and Side Salad Pudding Treat	27 BREAKFAST Baked Strawberry and Cream Turnover or Cereal and Crackers LUNCH Fish Sticks and Bread Slice or Walking Beef Taco with Bread Golden Corn Calico Baked Beans	28 BREAKFAST Mini Cinni's or Cereal and Crackers LUNCH Potato Puff Bake with Bread or Chicken Nuggets with Bread Steamed Green Beans Baby Carrots or Deli Sandwich and Side Salad	

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.