



ERIE RISE LEADERSHIP ACADEMY MARCH 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
		<p>Ash Wednesday is on March 6, 2019. Meatless options will be available on this day as well as on Fridays throughout the Lenten season.</p>		<p>1</p> <p>BREAKFAST Assorted Pastry LUNCH Papa John's Pizza Sweet Potato Fries Celery Sticks</p>
<p>4</p> <p>BREAKFAST Pro Ball Donuts or Cereal and Crackers LUNCH White Chicken Chili w/Rice and Tortilla Chips or Cheeseburger on a Bun Seasoned Peas Side Salad</p>	<p>5</p> <p>BREAKFAST Assorted Mini Loaf and Crackers or Cereal and Crackers LUNCH Deluxe Cheesesteak or Buffalo Chicken Macaroni and Cheese with Bread Slice Steamed Broccoli Sliced Cucumbers or Deli Sandwich and Side Salad</p>	<p>6</p> <p>BREAKFAST Zucchini Bread or Cereal and Crackers LUNCH Baked Chicken w/Roll or Turkey Pot Roast w/Bread Mashed Potatoes and Gravy Sliced Peppers Pudding Treat</p>	<p>7</p> <p>BREAKFAST Yogurt and Crackers or Cereal and Crackers LUNCH Chicken Nachos or Smith's Hot Dog on a Bun BBQ Bacon Baked Beans Creamy Coleslaw or Deli Sandwich and Side Salad</p>	<p>8</p> <p>BREAKFAST Guava Strawberry Flip or Cereal and Crackers LUNCH Papa John's Pizza Tempting Tator Tots Baby Carrots</p>
<p>11</p> <p>BREAKFAST Wild Berry Forest Bread Slice or Cereal and Crackers LUNCH Chicken Strip with Dinner Roll or Meatball Sub Collard Greens Creamy Coleslaw</p>	<p>12</p> <p>BREAKFAST Banana Chocolate Chunk Benefit Bar or Cereal and Crackers LUNCH Hot Turkey Sandwich or Corn Dog on a Stick Au Gratin Potatoes Spinach Salad or Deli Sandwich and Side Salad</p>	<p>13</p> <p>BREAKFAST Assorted Pop Tart and String Cheese or Cereal and Crackers LUNCH Walking Beef Taco w/Bread or Spicy Chicken Patty on a Bun Vegetarian Baked Beans Pepper Slices</p>	<p>14</p> <p>BREAKFAST Banana Muffin or Cereal and Crackers LUNCH Popcorn Chicken Bowl w/Bread or Fish Sandwich Golden Corn Fresh Broccoli or Deli Sandwich and Side Salad</p>	<p>15</p> <p>BREAKFAST Apple Roll or Cereal and Crackers LUNCH Papa John's Pizza Sweet Potato Wedges Side Salad St. Patrick's Day Treat</p>
<p>18</p> <p>BREAKFAST Assorted Pastry LUNCH Smith's Chili Hot Dog on a Bun or TNG Burger on a Bun Homestyle Baked Beans Cucumber Slices</p>	<p>19</p> <p>BREAKFAST Apple Frudel or Cereal and Crackers LUNCH Baked Chicken w/Roll or Turkey Pot Roast w/Bread Mashed Potatoes and Gravy Side Salad or Deli Sandwich and Side Salad</p>	<p>20</p> <p>BREAKFAST Grape Crescent or Cereal and Crackers LUNCH Brunch for Lunch French Toast Sticks with Sausage Patty or Corn Dog Nuggets Breakfast Potatoes Fresh Cauliflower</p>	<p>21</p> <p>BREAKFAST Cinnamon Bagel in a Bag or Cereal and Crackers LUNCH Chicken Rings w/Bread Slice or Hamburger on a Bun Steamed Broccoli Mediterranean Chickpea Salad or Deli Sandwich and Side Salad Cookie Treat</p>	<p>22</p> <p>BREAKFAST Donut Ring or Cereal and Crackers LUNCH Papa John's Pizza Oven Baked French Fries Baby Carrots</p>
<p>25</p> <p style="text-align: center;">No School Today</p>	<p>26</p> <p style="text-align: center;">No School Today</p>	<p>27</p> <p style="text-align: center;">No School Today</p>	<p>28</p> <p style="text-align: center;">No School Today</p>	<p style="text-align: center;">No School Today</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.