



# ERIE RISE LEADERSHIP ACADEMY APRIL 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
<b>1</b> <b>BREAKFAST</b> Mini Original French Toast or Cereal and Crackers <b>UNCH</b> Smith's Hot Dog on a Bun or Chicken Burrito Bowl Black Beans Side Salad	<b>2</b> <b>BREAKFAST</b> Baked Apple Turnover or Cereal and Crackers <b>UNCH</b> Cheeseburger on a Bun or Corn Dog Nuggets Oven Baked French Fries Baby Carrots or Deli Sandwich and Side Salad	<b>3</b> <b>BREAKFAST</b> Assorted Pastry or Cereal and Crackers <b>UNCH</b> Meatloaf Patty with Bread or Soft Chicken Tacos Mashed Potatoes and Gravy Fresh Cauliflower <b>Cookie Treat</b>	<b>4</b> <b>BREAKFAST</b> Banana Bread Slice or Cereal and Crackers <b>UNCH</b> Baked Chicken w/Roll or Turkey Pot Roast w/Bread Slices Seasoned Green Beans Broccoli Trees or Deli Sandwich and Side Salad	<b>5</b> <b>BREAKFAST</b> Assorted Pastry or Cereal and Crackers <b>UNCH</b> Papa John's Pizza Oved Baked Tator Tots Fresh Peppers
<b>8</b> <b>BREAKFAST</b> Blueberry Muffin or Cereal and Crackers <b>UNCH</b> White Chicken Chili w/Rice and Tortilla Chips or Mini Hamburgers on Mini Buns Steamed Green Beans Fresh Cucumber Slices	<b>9</b> <b>BREAKFAST</b> Guava Strawberry Flip or Cereal and Crackers <b>UNCH</b> Chicken Patty on a Bun or Walking Beef Taco w/Bread Steamed Broccoli Florettes Kale Caesar Salad or Deli Sandwich and Side Salad	<b>10</b> <b>BREAKFAST</b> Grape Crescent or Cereal and Crackers <b>UNCH</b> Spicy Chicken Tenders w/Bread or Fish Sandwich or Turkey and Cheese Munchable BBQ Bacon Baked Beans Baby Carrots	<b>11</b> <b>BREAKFAST</b> Yogurt and Crackers or Cereal and Crackers <b>UNCH</b> Popcorn Chicken Bowl with Bread Slice or Sloppy Joe on a Bun Golden Corn Mediterranean Chickpea Salad or Deli Sandwich and Side Salad	<b>12</b> <b>BREAKFAST</b> Chocolate Donut Pack or Cereal and Crackers <b>UNCH</b> Papa John's Pizza Sweet Potato Wedges Creamy Coleslaw
<b>15</b> <b>BREAKFAST</b> Apple Roll or Cereal and Crackers <b>UNCH</b> Breakfast for Lunch Belgian Waffle with Sausage Patties or Chicken Sticks w/Bread Breakfast Potatoes Fresh Broccoli	<b>16</b> <b>BREAKFAST</b> Cinnamon Bagel in a Bag or Cereal and Crackers <b>UNCH</b> Baked Chicken with Roll or Cheeseburger on a Bun Vegetarian Baked Beans Baby Carrots or Deli Sandwich and Side Salad	<b>17</b> <b>BREAKFAST</b> Wild Forest Bread or Cereal and Crackers <b>UNCH</b> Pasta w/Meatsauce and Bread Slice or Corn Dog on a Stick Steamed Broccoli Spinach Salad	<b>18</b> <b>BREAKFAST</b> Assorted Pastry or Cereal and Crackers <b>UNCH</b> Papa John's Pizza Seasoned Green Beans Cucumber Slices <b>Easter Treat</b>	
	<b>23</b> <b>BREAKFAST</b> Enriched Pastry or Cereal and Crackers <b>UNCH</b> Spicy Chicken Patty on a Bun or Meatball Sub Oven Roasted Carrots Fresh Cauliflower or Deli Sandwich and Side Salad	<b>24</b> <b>BREAKFAST</b> Mini Blueberry Pancakes or Cereal and Crackers <b>UNCH</b> Chicken Burrito Bowl or Hamburger on a Bun or Nachos and Cheese Munchable Black Beans Baby Carrots	<b>25</b> <b>BREAKFAST</b> Chocolate Chip Muffin or Cereal and Crackers <b>UNCH</b> Hearty Goulash with Bread or Chicken Chips w/Bread Broccoli Florettes Kale Caesar Salad or Deli Sandwich and Side Salad	<b>26</b> <b>BREAKFAST</b> Cheesy Omelet or Cereal and Crackers <b>UNCH</b> Papa John's Pizza Oven Baked French Fries Pepper Slices
<b>29</b> <b>BREAKFAST</b> Cinnamon Roll or Cereal and Crackers <b>UNCH</b> Grandma's Chicken & Noodles w/ Bread Slice or Smith's Hot Dog Seasoned Broccoli Creamy Coleslaw	<b>30</b> <b>BREAKFAST</b> Zucchini Bread Slice or Cereal and Crackers <b>UNCH</b> Jamaican Chicken over Rice with Bread Slice or Cheeseburger on a Bun Oven Roasted Carrots Side Salad or Deli Sandwich and Side Salad <b>Pudding Treat</b>			

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.