

# Brockway Elementary Lunch Menu

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**OFFERED DAILY**

**Peanut Butter & Jelly Sandwich**

## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable

## Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*Fruits may include:  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Pineapple Tidbits  
Diced Pears  
Applesauce

**(TB) Tasty Bites - October 8th**

**Carmel Drizzled Apples**

**MENUS SUBJECT TO CHANGE**

## Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Lunch Prices: Paid \$1.50 Reduced \$.40

Breakfast Prices: Paid \$1.00 Reduced \$.25  
Milk Prices: \$.55

The USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Oct. 1 Spaghetti W/Meat Sauce & Bread Slice Or Egg Salad Sandwich Potato Wedges Apple Sauce Fat Free Milk	Oct. 2 Chili Cheese Bowl W/Rice Or Crispy Chicken Patty Sandwich Baked Beans Fresh Orange Fat Free Milk	Oct. 3 Pierogies W/Bread Slice Or Popcorn Chicken W/Bread Slice Steamed Corn Pears Fat Free Milk	Oct. 4 Salisbury Steak W/Two Bread Slices Or Corn Dog Nuggets Mashed Potatoes Fresh Apple Fat Free Milk	Oct. 5 Pepperoni Pizza Or Cheeseburger On Bun Steamed Broccoli Mixed Fruit Fat Free Milk	<b>THIS WEEKS MUNCHABLE</b>  <b>Chicken Nuggets</b>
Oct. 8 Ground Beef Stroganoff W/Rice Or Crispy Chicken Patty . Sandwich Potato Wedges <b>(TB) Carmel Drizzled Apples</b> Fat Free Milk	Oct. 9 Beef Nachos W/Shredded Cheese & Rice Or Grilled Chicken Salad W/Two Bread Slices Green Beans Sliced Peaches Fat Free Milk	Oct. 10 Macaroni & Cheese W/Bread Slice Or Chicken Nuggets W/Bread Slice Steamed Carrots Apple Sauce Fat Free Milk	Oct. 11 Orange Kissed Chicken & Rice Bowl Or Hot Dog On Bun Sweet Peas Fresh Orange Fat Free Milk	Oct. 12 Pepperoni Pizza Or Fish Sandwich W/Cheese Baked Beans Pears Fat Free Milk	<b>THIS WEEKS MUNCHABLE</b>  <b>Bologna, Cheese, and Crackers</b>
Oct. 15 French Toast Sticks W/Sausage Or Meatball Hoagie W/Cheese Potato Wedges Fresh Apple Fat Free Milk	Oct. 16 Two Hard Beef Tacos W/Bread Slice Or Crispy Chicken Patty Sandwich Refried Beans Mixed Fruit Fat Free Milk	Oct. 17 Cheese Lasagna Or Popcorn Chicken W/Bread Slice Steamed Corn Mandarin Oranges Fat Free Milk  <i>WW</i> <b>Sweet &amp; Sour Bean Salad</b>	Oct. 18 Turkey & Dressing Supreme W/Bread Slice Or Corn Dog Nuggets Mashed Potatoes Sliced Peaches Fat Free Milk	Oct. 19 Pepperoni Pizza Or Cheeseburger On Bun Steamed Carrots Apple Sauce Fat Free Milk  <b>Teddy Bear Honey Tree</b>	<b>THIS WEEKS MUNCHABLE</b>  <b>Pizza Dippers</b>
Oct. 22 Chicken & Broccoli Alfredo W/Bread Slice Or Fish Sticks W/Bread Slice Potato Wedges Fresh Orange Fat Free Milk	Oct. 23 Swedish Meatballs Over Noodles Or Crispy Chicken Patty Sandwich Steamed Carrots Pears Fat Free Milk	Oct. 24 Macaroni & Cheese W/Bread Slice Or Popcorn Chicken W/Bread Slice Steamed Broccoli Fresh Apple Fat Free Milk	Oct. 25 Meatloaf & Gravy Or Corn Dog Nuggets Mashed Potatoes Mixed Fruit Fat Free Milk	Oct. 26 Pepperoni Pizza Or Fish Sandwich W/Cheese Baked Beans Mandarin Oranges Fat Free Milk	<b>THIS WEEKS MUNCHABLE</b>  <b>Chicken Nuggets</b>
Oct. 29 Pork Patty W/Noodles Or Crispy Chicken Patty Sandwich Potato Wedges Sliced Peaches Fat Free Milk	Oct. 30 Walking Beef Taco W/Bread Slice Or Grilled Chicken Salad W/Two Bread Slices Baked Beans Apple Sauce Fat Free Milk	Oct. 31 Rigatoni W/Meat Sauce & Dinner Roll Or Chicken Nuggets W/Bread Slice Steamed Corn Fresh Orange Fat Free Milk	<b>Teddy Bear Honey Tree October 19th</b>  Buy a lunch and win a chance to win a beanie bear	MONDAY FTF - Farm To Fork Recipe using locally purchased produce  <i>WW</i> Wellness Wednesday All Students welcome to try something new	<b>THIS WEEKS MUNCHABLE</b>  <b>Ham, Cheese, and Crackers</b>