

# Brockway Elementary Lunch Menu

Senior Food Service Director: Daniel Pinchock  
dpinchock@brockway.k12.pa.us  
814.265.2333



**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 vegetable*

## Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
*\*May choose two 1/2 cup servings*

\*Fruits may include:  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
*\*May choose one 1/2 cup serving*

*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	
<b>Fish Sandwich W/ Cheese and Lettuce made available every Friday During Lent.</b>		 Mar 21 Spinach Pasta Salad	Mar 1 Hot Sliced Turkey Sandwich W/Gravy Or Corn Dog Nuggets Mashed Potatoes Diced Peaches Fat Free Milk	Mar 2 Cheese Pizza Or Tuna Noodle Casserole Steamed Broccoli Applesauce Fat Free Milk	THIS WEEKS MUNCHABLE  Bologna and Cheese
Mar 5 Chili Cheese Tots W/Dinner Roll Or BBQ Rib Sandwich Steamed Carrots Fresh Apple Fat Free Milk	Mar 6 Pork & Gravy Over Biscuit W/Bread Slice Or Hamburger Sliders French Fries Mixed Fruit Fat Free Milk	Mar 7 Chicken Nuggets W/Pretzel Or Mac & Cheese W/Soft Pretzel Steamed Broccoli Sliced Apples Fat Free Milk	Mar 8 Hamburg Gravy W/Dinner Roll Or Corn Dog Nuggets Mashed Potatoes Diced Peaches Fat Free Milk	Mar 9 Cheese Pizza Or Toasted Cheese Sandwich W/Tomato Soup Baked Beans Sliced Pears Fat Free Milk	THIS WEEKS MUNCHABLE  Turkey and Cheese
Mar 12 French Toast W/Sausage Patty Or Cheeseburger On Bun Steamed Carrots Sliced Peaches Fat Free Milk	Mar 13 Beef Nachos W/Cheese Or BBQ Pulled Pork Sandwich Baked Beans Sliced Pears Fat Free Milk	Mar 14 Popcorn Chicken W/Bread Slice Or Steak Salad W/Dinner Roll Romaine Lettuce Salad Strawberries Fat Free Milk	Mar 15 Diced Chicken & Gravy W/Biscuit Or Hot Dog On Bun Mashed Potatoes Applesauce Fat Free Milk	Mar 16 Cheese Pizza Or Tuna Melt On Pretzel Bun W/Dinner Roll Green Bean Fresh Apple Fat Free Milk	THIS WEEKS MUNCHABLE  Ham and Cheese
Mar 19 Spaghetti W/Meatsauce W/Garlic Bread Slice Or Hot Ham & Cheese Sandwich On Pretzel Bun Steamed Carrots Peaches Fat Free Milk	Mar 20 Chili Cheese Tots W/Dinner Roll Or Hot Dog On Bun Tater Tots Mixed Fruit Fat Free Milk	Mar 21 Chicken Nuggets W/Soft Pretzel Or Sloppy Joe On Bun Steam Broccoli Applesauce Fat Free Milk	Mar 22 Pork & Gravy Over Biscuit W/Bread Slice Or Hamburger On Bun Mashed Potatoes Diced Peaches Fat Free Milk	Mar 23 Cheese Pizza Or Toasted Cheese Sandwich W/Tomato Soup Baked Beans Fresh Apple Fat Free Milk	THIS WEEKS MUNCHABLE  Chicken Nuggets
Mar 26 Italian Dunkers W/Dipping Sauce Or Meatball Hoagie Steamed Carrots Mixed Fruit Fat Free Milk	Mar 27 Beef Nachos W/Cheese Or Chicken Salad W/Dinner Roll Steamed Broccoli Applesauce Fat Free Milk	Mar 28 Chicken Nuggets W/Dinner Roll Or Mac & Cheese W/Soft Pretzel Baked Beans Peaches Fat Free Milk	Mar 29 Hot Sliced Turkey Sandwich W/Gravy Or Corn Dog Nuggets Mashed Potatoes Diced Pears Fat Free Milk	Mar 30  NO SCHOOL	THIS WEEKS MUNCHABLE  Turkey and Cheese