

# 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  
Celery & Cucumber  
Dark Leafy Greens  
Legume Salads  
Roasted Chickpeas  
**\*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>Aug 23</b> Chili Cheese Bowl W/Rice Or Crispy Chicken Patty Sandwich Baked Beans Fresh Orange Fat Free Milk	<b>THIS WEEKS MUNCHABLE</b>  Soft Pretzel Bites
<b>Aug 26</b> Pierogies W/Bread Slice Or Popcorn Chicken W/Bread Slice Steamed Corn Pears Fat Free Milk	<b>Aug 27</b> Salisbury Steak W/Two Bread Slices Or Corn Dog Nuggets Mashed Potatoes Fresh Apple Fat Free Milk	<b>Aug 28</b> Pepperoni Pizza Or Cheeseburger On Bun Steamed Broccoli Mixed Fruit Fat Free Milk	<b>Aug 29</b> Beef Nachos W/Shredded Cheese & Rice Or Grilled Chicken Salad W/Two Bread Slices Green Beans Sliced Peaches Fat Free Milk	<b>Aug 30</b> Macaroni & Cheese W/Bread Slice Or Chicken Nuggets W/Bread Slice Steamed Carrots Apple Sauce Fat Free Milk	<b>THIS WEEKS MUNCHABLE</b>  Build Your Own Pizza