

Fresh Eats

CAFETERIA

Brockway Elementary School

December Lunch Menu

Director of Food & Nutrition: Daniel Pinchock

brockway@thenutritiongroup.biz

814.265.2333



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Grilled Chicken Sandwich Green Beans Diced Pears
4 Spaghetti & Meat Sauce W/Bread Or Steamed Green Beans Fresh Banana	5 Popcorn Chicken Bowl W/Bread Mashed Potatoes Apple Sauce	6 Pierogies W/Dinner Roll Steamed Cauliflower Mandarin Oranges	7 Loaded Chicken Tatchos Romaine Salad Sliced Peaches	8 Meatball Hoagie W/Cheese Or French Fries Diced Pears
11 Chicken Alfredo W/Dinner Roll Or Steamed Broccoli Red Delicious Apple	12 Salisbury Steak W/Gravy & Noodles Mashed Potatoes Apple Sauce	13 Macaroni & Cheese W/Bread Stick Cucumber Slices Pineapple	14 Beef Walking Tacos Or Romaine Salad Sliced Peaches	15 Steamed Dumplings W/Fried Rice Baked Beans Raisins
18 Pancakes W/Syrup & Sausage Steamed Carrots Mixed Fruit	19 Chicken & Gravy Biscuit Bowl Mashed Potatoes Apple Sauce	20 Fiestada Pizza Or Tater Tots Pineapple	21 Beef Nachos W/Cheese Sauce Cucumber Salad Sliced Peaches	22 Fish Sticks W/Jungle Crackers Or French Fries Diced Pears
25 NO SCHOOL HOLIDAY VACATION	26 NO SCHOOL HOLIDAY VACATION	27 NO SCHOOL HOLIDAY VACATION	28 NO SCHOOL HOLIDAY VACATION	29 NO SCHOOL HOLIDAY VACATION
Monday Daily Feature: Crispy Chicken Sandwich WOW Butter Sandwich Chef Salad W/Egg & Cheese	Tuesday Daily Feature: Corn Dog Nuggets WOW Butter Sandwich Fruit & Yogurt Parfait	Wednesday Daily Feature: Hot Dog On Bun WOW Butter Sandwich Chef Salad W/Ham Turkey & Cheese	Thursday Daily Feature: Chicken Nuggets WOW Butter Sandwich Fruit & Yogurt Parfait	Friday Daily Feature: Cheese or Pepperoni Pizza WOW Butter Sandwich Caesar Salad W/Grilled Chicken

This institution is an equal opportunity provider.

*All Salads INCLUDE Choice of Grain Item

*Menus are subject to Change

PLUS:

WHAT MAKES A MEAL?

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

- Choice of Meat or Meat Alternative
 - Choice of Vegetable + Choice of Fruit*
 - Choice of Grain/Bread + Choice of Milk
- *Students must choose at least one fruit or vegetable

DAILY MILK CHOICES:

Low Fat White, Fat Free White, Chocolate, Strawberry

FRESH VEGETABLES & FRUIT OFFERED DAILY:

Broccoli Florets	Crisp Apples
Baby Carrots	Bananas
Celery Sticks	Sliced Peaches
Fresh Bell Peppers	Red Delicious Apple
Cucumber Slices	Diced Pears
Cherry Tomatoes	Red & Green Grapes

Brockway Elementary Lunch Menu

Director of Food & Nutrition: Daniel Pinchock
brockway@thenutritiongroup.biz
814.265.2333

Gluten Free December 2023



OFFERED DAILY

WOW 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: \$.60

The USDA is an equal opportunity provider and employer.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1 Cheese Pizza On GF Crust Green Beans Diced Pears Fat Free Milk Choice
	4 Chef Salad W/Egg, Cheese, and GF Bread Slice Steamed Broccoli Banana Fat Free Milk Choice	5 Italian & Cheese Hoagie On GF Bun Carrot Sticks Apple Sauce Fat Free Milk Choice	6 Hot Dog On GF Bun Cucumber Slices Mandarin Oranges Fat Free Milk Choice	7 Loaded Chicken Tatchos (Tator Tots, Chicken, Cheese, & Salsa) Romaine Salad Sliced Peaches Fat Free Milk Choice	8 Cheese Pizza On GF Crust French Fries Diced Pears Fat Free Milk Choice
	11 Chef Salad W/Egg, Cheese, and GF Bread Slice Steamed Broccoli Banana Fat Free Milk Choice	12 Cheeseburger On GF Bun Baby Carrots Apple Sauce Fat Free Milk Choice	13 Turkey & Cheese On GF Hoagie Bun Cucumber Slices Mandarin Oranges Fat Free Milk Choice	14 Nachos W/Beef Taco Meat & Cheese W/GF Bread Slice Romaine Salad Sliced Peaches Fat Free Milk Choice	15 Cheese Pizza On GF Crust Carrots Diced Pears Fat Free Milk Choice
	18 Pancakes W/Sausage Patties Carrots Banana Fat Free Milk Choice	19 Italian & Cheese Hoagie On GF Bun Carrot Sticks Apple Sauce Fat Free Milk Choice	20 Hot Dog On GF Bun Cucumber Slices Mandarin Oranges Fat Free Milk Choice	21 Nachos W/Beef Taco Meat & Cheese W/GF Bread Slice Peppers Sliced Peaches Fat Free Milk Choice	22 Cheese Pizza On GF Crust French Fries Diced Pears Fat Free Milk Choice

Brockway Elementary Lunch Menu

Casein Free December 2023



OFFERED DAILY

WOW 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: \$.60

The USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bread Sticks W/Dipping Sauce Green Beans Diced Pears Water
4 Breaded Chicken Patty On Hamburger Bun Fresh Broccoli Grape Juice Water	5 Hamburger On Bun Carrot Sticks Apple Sauce Water	6 Hot Dog On GF Bun Cucumber Slices Mandarin Oranges Water	7 Loaded Chicken Tatchos (Tator Tots, Chicken, & Salsa) No Cheese Romaine Salad W/Italian Sliced Peaches Water	8 Bread Sticks W/Dipping Sauce Green Beans Diced Pears Water
11 Chef Salad W/Egg, And Bread Slice No Cheese Banana Water	12 Italian Hoagie W/No Cheese Celery Sticks Pineapple Water	13 Turkey Hoagie W/No Cheese Carrots Mandarin Oranges Water	14 Nachos W/Beef Taco Meat & Bread Slice No Cheese Romaine Salad W/Italian Sliced Peaches Water	15 Bread Sticks W/Dipping Sauce Green Beans Diced Pears Water
18 Breaded Chicken Patty On Hamburger Bun Fresh Broccoli Grape Juice Water	19 Hamburger On Bun Carrot Sticks Apple Sauce Water	20 Hot Dog On GF Bun Broccoli Mandarin Oranges Water	21 Nachos W/Beef Taco Meat & Bread Slice No Cheese Sliced Cucumbers Sliced Peaches Water	22 Bread Sticks W/Dipping Sauce Green Beans Diced Pears Water