

Fresh Eats

CAFETERIA

Brockway Elementary School

March Lunch Menu

Director of Food & Nutrition: Daniel Pinchock

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Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Alfredo W/Bread Slice Or Steamed Broccoli Red Delicious Apple Fat Free Milk Choice 26	Beef Walking Tacos W/Garlic Bread Or Romaine Salad Sliced Peaches Fat Free Milk Choice 27	Macaroni & Cheese W/Bread Slice Cucumber Slices Pineapple Fat Free Milk Choice 28	Salisbury Steak W/Gravy & Noodles Mashed Potatoes Apple Sauce Fat Free Milk Choice 29	Steamed Dumplings W/Fried Rice Baked Beans Raisins Fat Free Milk Choice 1
Pancakes W/Syrup & Sausage Steamed Carrots Mixed Fruit Fat Free Milk Choice 4	Beef Nachos W/Cheese Sauce Cucumber Salad Sliced Peaches Fat Free Milk Choice 5	Fiestada Pizza Or Tater Tots Pineapple Fat Free Milk Choice 6	Chicken & Gravy Biscuit Bowl Mashed Potatoes Apple Sauce Fat Free Milk Choice 7	Fish Sticks W/Buttered Noodles French Fries Diced Pears Fat Free Milk Choice 8
Spaghetti & Meatballs W/Garlic Bread Romaine Salad Applesauce Fat Free Milk Choice 11	Walking Tacos W/Cheez-Its Fresh Broccoli Diced Peaches Fat Free Milk Choice 12	Lasagna Roll W/Garlic Bread Peas Mandarin Oranges Fat Free Milk Choice 13	Popcorn Chicken Bowl W/Bread Slice Mashed Potatoes Raisin Fat Free Milk Choice 14	BBQ Rib Hoagie Steamed Green Beans Blueberries Fat Free Milk Choice 15
Pizza Munchable BBQ Baked Beans Diced Peaches Fat Free Milk Choice 18	Beef Nachos W/Cheese Sauce Romaine Salad Sliced Pears Fat Free Milk Choice 19	Macaroni & Cheese Cucumber Slices Apple Fat Free Milk Choice 20	Chicken Broccoli Alfredo W/Bread Celery Sticks Fresh Banana Fat Free Milk Choice 21	Steamed Dumplings W/Rice Chickpeas Italiano Mixed Fruit Fat Free Milk Choice 22
French Toast Sticks W/Sausage Steamed Peas Mandarin Oranges Fat Free Milk Choice 25	Beef Walking Taco W/Garlic Bread Steamed Corn Peaches Fat Free Milk Choice 26	Pizza Pasta Bake W/Garlic Bread Sweet Potato Fries Apple Slices Fat Free Milk Choice 27	Chicken & Gravy Biscuit Bowl Mashed Potatoes Fresh Banana Fat Free Milk Choice 28	NO SCHOOL EASTER VACATION 29
Monday Daily Feature: Crispy Chicken Sandwich WOW Butter Sandwich Caesar Salad W/Grilled Chicken	Tuesday Daily Feature: Corn Dog Nuggets WOW Butter Sandwich Chicken Taco Tortilla Salad	Wednesday Daily Feature: Hamburger On Bun WOW Butter Sandwich Chef Salad W/Ham Turkey & Cheese	Thursday Daily Feature: Chicken Nuggets WOW Butter Sandwich Chicken Taco Tortilla Salad	Friday Daily Feature: Cheese Pizza WOW Butter Sandwich Chef Salad W/Egg & Cheese

PLUS:

Every Friday During Lent a Fish

Sandwich W/Cheese will be offered

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