

BROCKWAY HIGH SCHOOL LUNCH MENU Daniel J. Pinchock, Director of Food & Nutrition brockway@thenutritiongroup.biz 814.265.2333





Monday	Tuesday	Wednesday	Thursday	Friday	
			Popcorn Chicken Bowl W/Bread	General Tso Chicken W/Rice Or	
			Fiestada Pizza	Cheeseburger On Bun	
			Mashed Potatoes	Green Beans	
			Diced Peaches	Applesauce	
1	2	3	4 Fat Free Milk Choice	5 Fat Free Milk Choice	
Chicken Alfredo W/Garlic Bread	Or Beef Nachos W/Cheese Sauce	BBQ Pulled Pork Fries W/2 Breads Or	Salisbury Steak W/Gravy & Noodles	Steamed Dumplings W/Sauce Or	
Steak & Cheese Hoagie	& Mexican Rice Or	Hot Italian Hoagie W/Cheese	Or Crispy Chicken Cheese Wrap	Toasted Cheese Sandwich W/Soup	
Steamed Broccoli	Grilled Chicken & Cheese Wrap	Steamed Carrots	Mashed Potatoes	Chickpea Tomato Salad	
Fresh Orange	Romaine Salad & Sliced Peaches	Pineapple	Diced Peaches	Steamed Broccoli	
8 Fat Free Milk Choice	9 Fat Free Milk Choice	10 Fat Free Milk Choice	11 Fat Free Milk Choice	12 Fat Free Milk Choice	
French Toast Sticks W/Syrup & Sa	usage Beef Walking Taco W/Bread Stick Or	Pizza Pasta Bake Or	Chicken & Gravy Biscuit Bowl Or	Cheese Burger On Bun Or	
Or Cheeseburger On Bun	Sweet & Spicy Chicken Bowl	Ham & Cheese Panini	BBQ Rib Sandwich	Hot Dipped Grilled Chicken Sandwich	
Steamed Carrots	Creamy Cucumber Salad	Green Beans	Mashed Potatoes	BBQ Backed Beans	
Mixed Fruit	Sliced Peaches	Pineapple	Apple Sauce	Applesauce	
15 Fat Free Milk Choice	16 Fat Free Milk Choice	17 Fat Free Milk Choice	18 Fat Free Milk Choice	19 Fat Free Milk Choice	
Spaghetti & Meatballs W/Garlic Br	ead Or Walking Tacos W/Cheez-Its Or	BBQ Pulled Pork Fries W/2 Breads Or	Popcorn Chicken Bowl W/Roll Or	Tomato Soup & Grilled Cheese Or	
Fish Sandwich W/Lettuce & Tom	ato Corn Dog Nuggets Or	Fiestada Pizza Or	Hot Sicilian Hoagie	BBQ Rib Sandwich	
Romaine Salad	BBQ Baked Beans	Baby Carrots	Mashed Potatoes	Steamed Green Beans	
Diced Pears	Fresh Broccoli	Pineapple	Raisins	Mandarin Oranges	
22 Fat Free Milk Choice	23 Fat Free Milk Choice	24 Fat Free Milk Choice	25 Fat Free Milk Choice	26 Fat Free Milk Choice	
Chicken Broccoli Alfredo W/Dinner	Roll Or Beef Nachos W/Cheese Sauce Or	Sliced Roasted Turkey W/Stuffing Or	BBQ Pulled Pork Fries W/2 Breads Or	Swedish Meatballs W/Noodles Or	
Meatball Hoagie	Grilled Chicken & Cheese Wrap	Fish Sandwich W/Lettuce & Tomato	Crispy Chicken Sandwich	General Tso Chicken W/Rice	
Steamed Broccoli	Romaine Salad	Mashed Potatoes	Celery Sticks	Chickpeas Italiano	
Diced Peaches	Sliced Pears	Apple	Fresh Banana	Mixed Fruit	
29 Fat Free Milk Choice	30 Fat Free Milk Choice	1 Fat Free Milk Choice	2 Fat Free Milk Choice	3 Fat Free Milk Choice	
Monday Daily Feature:	Tuesday Daily Feature:	Wednesday Daily Feature:	Thursday Daily Feature:	Friday Daily Feature:	
BBQ Chicken Pizza	Sausage Pizza	Buffalo Chicken Pizza	Alfredo Pizza	Hot Honey Chicken Pizza	
Chef Salad W/Turkey, Ham, & Ch	eese Chef Salad W/Mozzarella Cheese	Chef Salad W/Grilled Chicken	Chef Salad W/Turkey, Ham, & Cheese	Chef Salad W/Mozzarella Cheese	

Lunch **OFFERED DAILY FRESH BAKED DAILY** Cost -Crispy Chicken Sandwich Pepperoni Pizza \$2.10 Spicy Crispy Chicken Sandwich Cheese Pizza

Corn Dog Nuggets

Popcorn Chicken

WHAT MAKES A MEAL?
You must choose at least 3 of 5 components for the school lunch price:

DAILY MILK CHOICES:

* Menus are subject to Change

FRESH VEGETABLES & FRUIT OFFERED DAILY:

Broccoli Florets Baby Carrots Celery Sticks Fresh Bell Peppers Cherry Tomatoes

Crisp Apples Bananas Sliced Peaches Red Delicious Apple Diced Pears Red & Green Grapes