

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée Choose 1: 1. Muffin** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Bagel with toppings** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. French Toast Stick** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. PBJ** 2. Assorted Cereals and Yogurt	Breakfast Entrée Choose 1: 1. Biscuit** 2. Assorted Cereals and Yogurt
Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits	Fruit Choose 1 or 2: Assorted 100% Fruit Juices Assorted Fresh Fruits
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
Entrée (Choose 1) Cheeseburger, PBJ or Veggie Burger	Entrée (Choose 1) Hot Turkey and Cheese Sandwich, PB&J, or Black Bean Burger	Entrée (Choose 1) Sweet & Sassy Chicken w/ Buttered Noodles & Cheezits, PB&J or Tuna Sandwich	Entrée (Choose 1) Pizza, PB&J, or Turkey and Cheese Sandwich	Entrée (Choose 1) Turkey Tacos with Brown Rice & Sun Chips, PB&J, or Turkey and Cheese
Vegetables (Choose 1 or 2) French Fries Salad	Vegetables (Choose 1 or 2) Tomato soup Salad	Vegetables (Choose 1 or 2) Carrots Salad	Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) Corn Salsa Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

NATIONAL SCHOOL BREAKFAST PROGRAM

For breakfast, students must choose at least 3 of the 4 items offered to count as a reimbursable meal. Additionally, one of the items must be a fruit item to count as a reimbursable meal. Double-star indicates breakfast component counts as 2 items. ** All grains offered are whole grains.

NATIONAL SCHOOL LUNCH PROGRAM

For lunch, students must choose at least 3 of the 5 items offered to count as a reimbursable meal. Additionally, one of the items must be a fruit or vegetable item to count as a reimbursable meal. All grains offered are whole grains.

100% Fruit Juice Includes: 100% Apple Juice Assorted Fresh Fruits Include: Banana, Apple, Orange or Pear.

Assorted Milks Include: Skim Milk, 1% Milk, Non-Fat Chocolate Milk, Non-Fat Strawberry Milk

Please be advised that products prepared in our kitchen may have come into contact with common food allergies.

Please direct any questions regarding an allergy or food ingredient to the food service manager.

Questions or Concerns? Please contact Susan Peppelman, Chef Manager, at lakeside@brockco.com or 215-542-7737

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Entrée (Choose 1) Turkey Dog, PB&J, or Chicken Thai Wrap	Entrée (Choose 1) Chicken Alfredo w/Cheez-its, PB&J, Egg Salad Sandwich	Entrée (Choose 1) Hot Ham and Cheese, PB&J or Tuna Sandwich	Entrée (Choose 1) Pizza, PB&J or Ham and Cheese Sandwich	Entrée (Choose 1) Chicken Patty Sandwich, PB&J, or Turkey and Cheese Sandwich
Vegetables (Choose 1 or 2) Baked Beans Salad	Vegetables (Choose 1 or 2) Broccoli Salad	Vegetables (Choose 1 or 2) Tomato Soup Salad	Vegetables (Choose 1 or 2) Green Beans Salad	Vegetables (Choose 1 or 2) Roasted Carrots Salad
Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Peaches	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Fresh Mixed Fruit	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Pineapple	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Pineapple	Fruit (Choose 1 or 2) 100% Fruit Juice, Assorted Fresh Fruit, Applesauce
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Entrée (Choose 1)</u> Hot Turkey & Cheese Sandwich, PB&J, or Black Bean_Burger	<u>Entrée (Choose 1)</u> Chicken Tenders , PB&J, or Ham & Cheese Sandwich	<u>Entrée (Choose 1)</u> Hamburger or Cheeseburger, PB&J or Veggie Burger	<u>Entrée (Choose 1)</u> Teriyaki Chicken w/Brown Rice and Animal Crackers, PB&J, or Tuna Sandwich	<u>Entrée (Choose 1)</u> Sloppy Joe, PB&J, or Turkey & Cheese Sandwich
<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Roasted Corn Salad	<u>Vegetables (Choose 1 or 2)</u> French Fries Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad
<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Peaches	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Applesauce	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Fruit Cocktail	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Mandarin Oranges	<u>Fruit (Choose 1 or 2)</u> 100% Fruit Juice, Assorted Fresh Fruit, Pineapple
Choice of milk	Choice of milk	Choice of milk	Choice of milk	Choice of milk

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<u>Vegetables (Choose 1 or 2)</u> Baked Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Broccoli Salad	<u>Vegetables (Choose 1 or 2)</u> Tomato Soup Salad	<u>Vegetables (Choose 1 or 2)</u> Green Beans Salad	<u>Vegetables (Choose 1 or 2)</u> Roasted Carrots Salad
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