

Christopher Dock Mennonite High School Lunch Menu 2015-2016 School Year

****PLEASE NOTE WE ARE NOT A NUT-FREE FACILITY****

Questions? Contact Food Service Director William Lorah, 215-362-2676, ext. 212

WEEK1 LINE 1

DAY1

Baked Chicken Fingers with Fries

Glazed Carrots, Salad, Fruit, and Milk

DAY2

Beef Taco Salad w/ Romaine lettuce, Cheddar cheese, and Tortilla Chips

Seasoned Corn, Black Bean Salad, Salad, Fruit, and Milk

DAY3

Hot Roast Turkey in Gravy with Herb Bread Stuffing

Mashed Potatoes, Green Beans, Salad, Fruit, Cranberry Sauce, and Milk

DAY4

Crispy Sweet and Sour Chicken over Seasoned Brown Rice

Stir-Fry Vegetable, Salad, Fruit, and Milk

DAY5

Cheese Burger served on Whole Grain Bun

Baked Sweet Potato Fries, Baked Beans, Steamed Broccoli, Salad, Fruit and Milk

WEEK2 LINE 1

DAY1

Italian Hoagie on a Whole Grain Bun with Baked Chips

Salad, Fruit, Roasted Butternut Squash, and Milk

Day2

Chicken Pot Pie with Whole Grain Roll

Green Beans, Salad, Fruit, and Milk

DAY3

Meatball Sandwich served on a Whole Grain Roll

Whole grain chips, Green Peas, Salad, Fruit, Milk, and Cookie

DAY4

Nacho Plate- Ground Beef, Cheddar Cheese, Salsa, Guacamole, and Sour Cream

Corn, Salad, Fruit, Black Bean Salad, and Milk

DAY5

Cheese Calzone with Marinara

Cauliflower, Fruit, Salad, Milk, and Rice Pudding

WEEK3 LINE 1

DAY1

Pork Roll Sandwich on a Whole Grain Bun

Baked Sweet Potato Fries, Roasted Brussel Sprouts, Salad, Fruit, Milk, and Jell-O Cup

DAY2

Chicken Enchilada with Seasoned Brown Rice

Seasoned Corn, Southwest Bean Salad, Salad, Fruit, and Milk

DAY3

Cheese Steak Sandwich on Whole Grain Bun with Baked Fries

Mashed Potatoes, Vegetable Medley, Salad, Fruit, and Milk

DAY4

Sloppy Joe Sandwich served on a Whole Grain Bun

Bake Fries, Roasted Baby Carrots, Salad, Fruit, and Milk

DAY5

Whole Wheat Pasta with Meatballs, Whole Grain Garlic Toast and Choice of Sauce

Steamed Broccoli, Fruit, Salad, and Milk

WEEK4 LINE 1

DAY1

Pancakes with Turkey Sausage and Warm Apples with Cinnamon

Salad, Fruit, and Milk

DAY2

Turkey Club Sandwich on a Whole Grain Croissant

Carrots and Celery Sticks, Whole grain chips, Peas, Salad, Fruit, and Milk

DAY3

Hot Roast Beef Sandwich on Whole Grain Bun

Mashed Potatoes, Green Beans, Salad, Fruit, and Milk

DAY4

Asian Beef with Seasoned Brown Rice

Steamed Broccoli, Garbanzo Bean Salad, Salad, Fruit, and Milk

DAY5

Personal Pizza

Corn, Salad, Fruit, Milk, and Chocolate Pudding Cup

WEEK 5

Day1

Chicken Patty Sandwich on a Whole Grain Bun w/lettuce and tomato

Potato Salad, Curried Cauliflower, Salad, Fruit, and Milk

Day2

Build Your Own Baked Potato

Vegetable Medley, Whole Grain Biscuit, Salad, Fruit, and Milk

Day3

BBQ Chicken with Mashed Potatoes and Corn Bread

Green Beans, Salad, Fruit and Milk

Day 4

Cheese Quesadilla with Sour Cream and Salsa

Garbanzo Bean Salad, Seasoned Corn, Salad, Fruit, and Milk

Day 5

Hot Ham and Cheese Melt on Whole Grain Pretzel Bun with Baked Chips

Roasted Brussel Sprouts, Salad, Fruit, and Milk

Week 6

Day1

Grilled Cheese on Whole Grain Bread with Tomato Soup

Green Beans, Salad, Fruit, and Milk

Day2

Beef Stew over Buttered Whole Grain Noodles and Whole Grain Biscuit

Glazed Carrots, Salad, Fruit, and Milk

Day3

Pulled BBQ Pork Sandwich on a Whole Grain Bun

Baked Sweet Potato Fries, Salad, Fruit, Cole Slaw, and Milk

Day4

Chicken Parmesan Sandwich on Whole Grain Bun with Baked Chips

Steamed Broccoli, Salad, Fruit, and Milk

Day5

Domino's Pizza

Corn, Salad, Fruit, and Milk

****PLEASE NOTE WE ARE NOT A PEANUT FREE FACILITY****

If You Have Any Questions Contact Food Service Director William Lorah 215-362-2676 ext212

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