

**The original value meal  
& still a fantastic deal!**

K-2nd

3rd-8th

**\$3.40**

**\$3.75**

Questions about lunch? Please email or call  
William Lorah, wslorah@dock.org or 215-362-2676 ext.212

## Dock Mennonite Academy EC- 8 Lunch Menu

January 30th- February 10th



**YOU'RE GETTING WARM.**



One of the best ways to avoid getting hurt - playing a sport, in gym class, and even on the playground - is to stretch out a little first and start off slowly before you go all out.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
WELLNESS IS A WAY OF LIFE!**

Monday, January 30	Tuesday, January 31	Wednesday, February 1	Thursday, February 2	Friday, February 3
<b>Main Entrée:</b> Cheese Burger with Fries  <b>Second Option:</b> Fishless Fish Sandwich  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Carrot Sticks, Side Salad, Applesauce, Green Beans, Sliced Apples, and Grapes  <b>Beverages:</b> Milk, juice, or	<b>Main Entrée:</b> Popcorn Chicken with Dinner Roll  <b>Second Option:</b> Hummus, Pita, and Vegetable Platter  <b>Soup:</b> Chef's Choice <b>Sides:</b> Green Peas, Side Salad, Sliced Apples, Mandarin Oranges, and Grapes  <b>Beverages:</b> Milk, juice, or Water	<b>Main Entrée:</b> Pizza Slice  <b>Second Option:</b> Turkey And Cheese Sandwich  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Carrot Sticks, Seasoned Corn, Side Salad, Sliced Peaches, and Grapes  <b>Beverages:</b> Milk, juice, or Water	<b>Early Dismissal</b>  	<b>Educator Conference School Closed</b>  
Monday, February 6	Tuesday, February 7	Wednesday, February 8	Thursday, February 9	Friday, February 10
<b>Main Entrée:</b> Orange Chicken over Rice  <b>Second Option:</b> Egg Salad Sandwich  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Carrot Sticks, Side Salad, Sliced Apples, Pears, and Grapes  <b>Beverages:</b> Milk, juice, or Water	<b>Main Entrée:</b> Chicken Tenders with Tots  <b>Second Option:</b> Black Bean Burger  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Carrot Sticks, Broccoli, Sliced Apples, and Pears  <b>Beverages:</b> Milk, juice, or Water	<b>Main Entrée:</b> Pasta with Creamy Cheese Sauce or Red Sauce with Meatballs  <b>Second option:</b> Chicken Caesar Salad  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Side Salad, Steamed Broccoli, Carrot Sticks, Sliced Apples, and Sliced Peaches <b>Beverages:</b> Milk, juice, or Water <b>Dessert:</b>	<b>Main Entrée:</b> Pancakes with Choice of Sausage  <b>Second Option:</b> Pork Roll, Egg, and Cheese Bagel  <b>Soup:</b> Chef's Choice <b>Sides:</b> Side Salad, Hot Cinnamon Apples, Carrot Sticks, Sliced Apples, and Pineapple chunks  <b>Beverages:</b> Milk, juice, or Water	<b>Main Entrée:</b> Meatball Sandwich with Chips  <b>Second option:</b> Plant base Chicken Parmesan Sandwich  <b>Soup:</b> Chef's Choice  <b>Sides:</b> Side Salad, Steamed Corn, Grapes, and Apple Sauce  <b>Beverages:</b> Milk, juice, or Water