

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

Lunch **\$5.00**

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

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!

**Dock Mennonite Academy
High School
Lunch Menu
May 29th — June 9th**



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Monday, May 29

Memorial Day



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Tuesday, May 30

Main Entrée: Caesar Salad with
Choice of Grilled Chicken

Second Option: Cheese Burger
Sausage Sandwich

Sides: Carrot Sticks, Salad,
Broccoli, Sliced Apples, and
Grapes

Beverages: Milk, juice, or
Water

Wednesday, May 31

Main Entrée: Cheese Burger with
Tots

Second Option: Mozzarella Sticks
with Dipping Sauce

Sides: Baby Carrots, Sliced
Apples, Roasted Cauliflower,
Salad, and Grapes

Beverages: Milk, juice, or Water

Thursday, June 1

Main Entrée: Beef or Bean Nacho
Platter with toppings

Second Option: BBQ Rib Sandwich

Sides: Side Salad, Seasoned
Corn, Peaches, Sliced Apples,
and Grapes

Beverages: Milk, juice, or
Water

Friday, June 2

Main Entrée: Grilled Cheese with
Tomato Soup

Other Option: Fried Chicken with
Mashed potatoes

Sides: Side Salad, Seasoned
Green Beans, Sliced Peaches,
and Apple Sauce

Beverages: Milk, juice, or Water

Monday, June 5

Main Entrée: Chicken Patty
Sandwich

Second Option: Eggplant
Parmesan Sandwich

Sides: Side Salad, Roasted
Brussel Sprouts, Apple Sauce,
and Grapes

Beverages: Milk, juice, or
Water

Tuesday, June 6

Main Entrée: Chicken Tenders
with Fries

Second Option: Roast beef
Sandwich

Sides: Carrot Sticks, Steamed
Green Peas, Side Salad, Sliced
Pears, and Grapes

Beverages: Milk, juice, or
Water
Pizza Slice

Wednesday, June 7

Main Entrée: Meatball Sandwich

Second Option: Chicken Cordon
Bleu

Sides: Side Salad, Carrot Sticks,
Sliced Apples, and Mandarin
Oranges

Beverages: Milk, juice, or Water

Thursday, June 8

Main Entrée: Turkey Hoagie

Second Option: Mixed Cheese
Hoagie

Sides: Carrot Sticks, Salad,
Pineapple Chunks, Seasoned
Carrots, and Grapes

Beverages: Milk, juice, or
Water

Friday, June 9

Last Day of School

**Have a Fun and Safe
Summer**



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