

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 EC– 8 Lunch Menu May 29th —June 9th



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MENNONITE ACADEMY



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**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

Monday, May 29

Memorial Day



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Tuesday May 30

Main Entrée: Pulled Pork Sandwich

Second Option: Macaroni and Cheese

Soup: Chef's Choice

Sides: Side Salad, Steamed Broccoli, Red Grapes, Sliced Apples, and Peaches

Beverages: Milk, juice, or Water

Wednesday, May 31

Main Entrée: Waffles and Sausage

Second Option: BBQ Rib Patty Sandwich

Soup: Chef's Choice

Sides: Carrot Sticks, Side Salad, Seasoned Peas, Sliced Apples, Pears, and Grapes

Beverages: Milk, juice, or Water

Dessert: Sherbet

Thursday, June 1

Main Entrée: Beef or Chicken Taco

Second Option: Cheese Quesadilla

Soup: Chef's Choice

Sides: Side Salad, Steamed Corn, Carrot Sticks, Sliced Apples, and Pineapple chunks

Beverages: Milk, juice, or Water

Friday, June 2

Main Entrée: Chicken Burger

Second option: Black Bean Burger

Soup: Chef's Choice

Sides: Side Salad, Steamed Cauliflower, and Apple Sauce

Beverages: Milk, juice, or Water

Monday, June 5

Main Entrée: Meatball Sandwich

Second Option: Lasagna Roll-Up

Soup: Chef's Choice

Sides: Carrot Sticks, Broccoli, Sliced Apples, and Pears

Beverages: Milk, juice, or Water

Tuesday, June 6

Main Entrée: Popcorn Chicken with Dinner Roll

Second Option: Egg Salad Sandwich

Soup: Chef's Choice

Sides: Carrot Sticks, Green Beans, Side Salad, Pineapple, and Grapes

Beverages: Milk, juice, or Water

Wednesday, June 7

Main Entrée: Turkey and Cheese Hoagie

Second option: Crab Cake Sandwich

Soup: Chef's Choice

Sides: Side Salad, Carrot Sticks, Steamed Green Peas, Sliced Apples, and Sliced Peaches

Beverages: Milk, juice, or Water

Thursday, June 8

Main Entrée: Pizza Slice

Second Option: Turkey and Cheese Hoagie

Soup: Chef's Choice

Sides: Cauliflower, Side Salad, Sliced Apples, Mandarin Oranges, and Grapes

Beverages: Milk, juice, or Water

Friday, June 9

Last Day of School

Have a Safe and Fun Summer Break



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