

**AUG/SEPT 2019**



# GREATER NANTICOKE AREA KENNEDY ELEM LUNCH MENU

**What is a Meal?**  
You must choose at least 3 of the 5 components available for the school lunch price.  
**Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch**  
Meat or meat alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**  
**Dark green** - spinach, broccoli, romaine and spring salad  
**Red/Orange** - carrots, sweet potatoes, tomatoes, red peppers  
**Beans/Peas**  
**Starchy** - white potatoes, corn, and lima beans  
**Other Vegetables:** celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options may include:**  
**PB&J Jamwich with String Cheese & Graham Snack**  
**Ham & Cheese cubes, Crackers, & Graham Snack**  
**Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese**

**MENU SUBJECT TO CHANGE**



Lunch Prices  
Student \$2.20  
Reduced \$.40  
A

**General Manager**  
Lou Kluck  
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USDA is an equal opportunity provider and employer.

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
TEACHERS IN-SERVICE NO STUDENTS	TEACHERS IN-SERVICE NO STUDENTS	<b>Featured Veggies:</b> Fries Hot Veggies Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Tatar Tots Cucumbers Choice of Fruit Choice of Milk	<b>Featured Veggies:</b> Fries Green Beans Choice of Fruit Choice of Milk
<b>2</b> <b>LABOR DAY</b> 	<b>3</b> Nachos Grande <b>Featured Veggies:</b> Salad Cucumber Slices Choice of Fruit Choice of Milk	<b>4</b> Turkey Caraveable  <b>Featured Veggies:</b> String Cheese GoldFish Choice of Fruit Choice of Milk	<b>5</b> Rotini with Meat sauce <b>Featured Veggies:</b> Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	<b>6</b> Pizza <b>Featured Veggies:</b> Vegetable Salad Choice of Fruit Choice of Milk
<b>9</b> Chicken Patty On a Bun <b>Featured Veggies:</b> Fries Steamed Carrots Choice of Fruit Choice of Milk	<b>10</b> Cheeseburger <b>Featured Veggies:</b> Tots Salad Choice of Fruit Choice of Milk	<b>11</b> Yogurt Caraveable  <b>Featured Veggies:</b> String Cheese GoldFish Choice of Fruit Choice of Milk	<b>12</b> Ham & Cheese Sandwich <b>Featured Veggies:</b> Salad Chips Choice of Fruit Choice of Milk	<b>13</b> Pierogies <b>Featured Veggies:</b> Salad Hot Veggie Choice of Fruit Choice of Milk
<b>16</b> Chicken Mash Potato Bowl with a Dinner Roll <b>Featured Veggies:</b> Mashed Potatoes Corn Choice of Fruit Choice of Milk	<b>17</b> Sloppy Joes <b>Featured Veggies:</b> Tots Peas Choice of Fruit Choice of Milk	<b>18</b> Ham & Cheese Caraveable  <b>Featured Veggies:</b> String Cheese GoldFish Choice of Fruit Choice of Milk	<b>19</b> Hot Dogs <b>Featured Veggies:</b> Salad Chips Choice of Fruit Choice of Milk	<b>20</b> Grilled Cheese <b>Featured Veggies:</b> Salad Tomato Soup Choice of Fruit Choice of Milk
<b>23</b> Corn Dog <b>Featured Veggies:</b> Baked Beans Celery Stick Choice of Fruit Choice of Milk	<b>24</b> Soft Taco <b>Featured Veggies:</b> Rice Corn Choice of Fruit Choice of Milk	<b>25</b> Yogurt Caraveable  <b>Featured Veggies:</b> String Cheese GoldFish Choice of Fruit Choice of Milk	<b>26</b> Chicken Patty On a Bun <b>Featured Veggies:</b> Fries Steamed Carrots Choice of Fruit Choice of Milk	<b>27</b> Stuffed Crust Pizza <b>Featured Veggies:</b> Salad Broccoli Choice of Fruit Choice of Milk