

AUGUST/ SEPTEMBER 2020



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
Meal or meal 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
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General Manager
Lou Kluck
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
31 Hot Dog Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	1 Ham & Cheese Sandwich Featured Veggies: Chips Carrots Sticks Choice of Fruit Choice of Milk	2	3 Meatball Sub Featured Veggies: Salad Cucumber Slices Choice of Fruit	4 Macaroni & Cheese Featured Veggies: Peas Stewed Tomatoes Choice of Fruit Choice of Milk
	8 Chicken Patty Featured Veggies: Carrots Cucumbers Choice of Fruit Choice of Milk	9 GRAB & GO BREAKFAST & LUNCH	10 Bologna Sandwich Featured Veggies: Chips Clery Stick Choice of Fruit Choice of Milk	11 Grilled Cheese Featured Veggies: Salad Tomato Soup Choice of Fruit Choice of Milk
14 Chicken Patty On a Bun Featured Veggies: Fries Steamed Carrots Choice of Fruit Choice of Milk	15 Soft Taco Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	16 GRAB & GO BREAKFAST & LUNCH	17 Hot Dog Featured Veggies: Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	18 Stuffed Crust Pizza Featured Veggies: Salad Beans Choice of Fruit Choice of Milk
21 Yogurt Caraveable  String Cheese GoldFish Choice of Fruit Choice of Milk	22 Nachos Grande Featured Veggies: Salad Cucumber Slices Choice of Fruit Choice of Milk	23 GRAB & GO BREAKFAST & LUNCH	24 Meatball Sub Featured Veggies: Tatar Tots Cucumbers Choice of Fruit Choice of Milk	25 Pizza Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk
28 Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	29 Cheeseburg Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	30 GRAB & GO BREAKFAST & LUNCH	1 Beefaroni with Breadstick Featured Veggies: Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk	2 Grilled Cheese Featured Veggies: Salad Tomato Soup Choice of Fruit Choice of Milk