

FEBRUARY 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



Lunch Prices
Student \$2.20
Reduced \$.40
Adult \$3.35

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Hot Dogs</p> <p>Featured Veggies: Fries Hot Veggies Choice of Fruit Choice of Milk</p>	<p>5 Soft Taco</p> <p>Featured Veggies: Rice Corn Choice of Fruit Choice of Milk</p>	<p>6 Chicken Patty On a Bun</p> <p>Featured Veggies: Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>7 Meatball Sub</p> <p>Featured Veggies: Tatar Tots Cucumbers Choice of Fruit Choice of Milk</p>	<p>8 Cheeseburger on a Bun</p> <p>Featured Veggies: Tots Green Beans Choice of Fruit Choice of Milk</p>
<p>11 Corn Dog</p> <p>Featured Veggies: Baked Beans Celery Stick Choice of Fruit Choice of Milk</p>	<p>12 Nachos Grande</p> <p>Featured Veggies: Salad Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>13 Yogurt Caraveable</p> <p>GRAVEABLES Featured Veggies: String Cheese Goldfish Choice of Fruit Choice of Milk</p>	<p>14 Rotini with Meat sauce</p> <p>Featured Veggies: Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk</p>	<p>15 Pizza</p> <p>Featured Veggies: Vegetable Salad Choice of Fruit Choice of Milk</p>
<p>18 Meatball Sub</p> <p>Featured Veggies: Fries Carrots Choice of Fruit Choice of Milk</p>	<p>19 Soft Taco</p> <p>Featured Veggies: Rice Corn Choice of Fruit Choice of Milk</p>	<p>20 Cheeseburger</p> <p>Featured Veggies: Tots Salad Choice of Fruit Choice of Milk</p>	<p>21 Ham & Cheese Sandwich</p> <p>Featured Veggies: Salad Chips Choice of Fruit Choice of Milk</p>	<p>22 Pierogies</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>
<p>25 Chicken Mash Potato Bowl with a Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>26 Sloppy Joes</p> <p>Featured Veggies: Tots Peas Choice of Fruit Choice of Milk</p>	<p>27 Ham & Cheese Caraveable</p> <p>GRAVEABLES Featured Veggies: String Cheese Goldfish Choice of Fruit Choice of Milk</p>	<p>28 Hot Dogs</p> <p>Featured Veggies: Salad Chips Choice of Fruit Choice of Milk</p>	<p>1 Grilled Cheese</p> <p>Featured Veggies: Salad Tomato Soup Choice of Fruit Choice of Milk</p>