

JANUARY 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>1</p> <p>HAPPY NEW YEAR</p>	<p>1</p>	<p>2</p> <p>Chicken Patty On a Bun</p> <p>Featured Veggies: Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Meatball Sub</p> <p>Featured Veggies: Tatar Tots Cucumbers Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Cheeseburger on a Bun</p> <p>Featured Veggies: Tots Green Beans Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Corn Dog</p> <p>Featured Veggies: Baked Beans Celery Stick Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Nachos Grande</p> <p>Featured Veggies: Salad Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Yogurt Caraveable</p> <p>Featured Veggies: String Cheese GoldFish Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Rotini with Meat sauce</p> <p>Featured Veggies: Steamed Broccoli Grape Tomatoes Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Pizza</p> <p>Featured Veggies: Tomato Soup Salad Choice of Fruit Choice of Milk</p>
<p>14</p> <p>Chicken Mash Potato Bowl with a Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Chicken Patty On a Bun</p> <p>Featured Veggies: Fries Steamed Carrots Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Fish Sticks</p> <p>Featured Veggies: Fries Vegetable Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Ham & Cheese Sandwich</p> <p>Featured Veggies: Salad Chips Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Pierogies</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>
<p>21</p>	<p>22</p> <p>Sloppy Joes</p> <p>Featured Veggies: Tots Peas Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Ham & Cheese Caraveable</p> <p>Featured Veggies: String Cheese GoldFish Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Hot Dogs</p> <p>Featured Veggies: Salad Chips Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Grilled Cheese</p> <p>Featured Veggies: Salad Tomato Soup Choice of Fruit Choice of Milk</p>
<p>28</p> <p>Chicken Mash Potato Bowl with a Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Nachos Grande</p> <p>Featured Veggies: Salad Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Corn Dogs</p> <p>Featured Veggies: Baked Beans Salad Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Meatball Sub</p> <p>Featured Veggies: Fries Carrots Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Stuffed Crust Pizza</p> <p>Featured Veggies: Salad Choice of Fruit Choice of Milk</p>