

JUNE 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
Adult \$3.35

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheesesteak Featured Veggies: Fries Corn Choice of Fruit Choice of Milk	4 Nachos Grande Featured Veggies: Salad Salsa Choice of Fruit Choice of Milk	5 Corned Dog Featured Veggies: Beans Fries Choice of Fruit Choice of Milk	6 Meatball Sub Featured Veggies: Tatar Tots Green Beans Choice of Fruit Choice of Milk	7 Cheeseburg Featured Veggies: Tots Carrots Choice of Fruit Choice of Milk
10 EARLY DISMISSAL NO LUNCH	11 EARLY DISMISSAL NO LUNCH	12 EARLY DISMISSAL NO LUNCH	13 EARLY DISMISSAL NO LUNCH	14 EARLY DISMISSAL NO LUNCH
17 	18-20 			21 
24	25	26	27	28
27	28	29	30	