

MARCH 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

General Manager
Lou Kluck

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USDA is an equal opportunity provider and employer.

Monday

4

Hot Dogs

Featured Veggies:
Fries
Hot Veggies
Choice of Fruit
Choice of Milk

Tuesday

5

Soft Taco

Featured Veggies:
Rice
Corn
Choice of Fruit
Choice of Milk

Wednesday

6

Yogurt
Caraveable



Featured Veggies:
String Cheese
GoldFish
Choice of Fruit
Choice of Milk

Thursday

7

Meatball Sub

Featured Veggies:
Tatar Tots
Cucumbers
Choice of Fruit
Choice of Milk

Friday

8

Fish Sticks

Featured Veggies:
Fries
Green Beans
Choice of Fruit
Choice of Milk

11

Corn Dog

Featured Veggies:
Baked Beans
Celery Stick
Choice of Fruit
Choice of Milk

12

Nachos Grande

Featured Veggies:
Salad
Cucumber Slices
Choice of Fruit
Choice of Milk

13

Turkey
Caraveable



Featured Veggies:
String Cheese
GoldFish
Choice of Fruit
Choice of Milk

14

Rotini
with Meatsauce

Featured Veggies:
Steamed Broccoli
Grape Tomatoes
Choice of Fruit
Choice of Milk

15

Pizza

Featured Veggies:
Vegetable
Salad
Choice of Fruit
Choice of Milk

18

Chicken Patty
On a Bun

Featured Veggies:
Fries
Steamed Carrots
Choice of Fruit
Choice of Milk

19

Cheeseburg

Featured Veggies:
Tots
Salad
Choice of Fruit
Choice of Milk

20

Yogurt
Caraveable



Featured Veggies:
String Cheese
GoldFish
Choice of Fruit
Choice of Milk

21

Ham & Cheese
Sandwich

Featured Veggies:
Salad
Chips
Choice of Fruit
Choice of Milk

22

ACT 80 DAY
NO STUDENTS

25

Chicken Mash Potato Bowl
with a Dinner Roll

Featured Veggies:
Mashed Potatoes
Corn
Choice of Fruit
Choice of Milk

26

Sloppy Joes

Featured Veggies:
Tots
Peas
Choice of Fruit
Choice of Milk

27

Ham & Cheese
Caraveable



Featured Veggies:
String Cheese
GoldFish
Choice of Fruit
Choice of Milk

28

Hot Dogs

Featured Veggies:
Salad
Chips
Choice of Fruit
Choice of Milk

29

Grilled Cheese

Featured Veggies:
Salad
Tomato Soup
Choice of Fruit
Choice of Milk