

**OCTOBER  
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**  
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  
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**General Manager**  
Lou Kluck  
**Phone Number**  
570-735-8534  
**Email**

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b> Hot Dog</p> <p><b>Featured Veggies:</b> Salad Fries Choice of Fruit Choice of Milk</p>	<p><b>6</b> Cheeseburger</p> <p><b>Featured Veggies:</b> Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>7</b> GRAB &amp; GO BREAKFAST &amp; LUNCH</p>	<p><b>8</b> Hot Dog</p> <p><b>Featured Veggies:</b> Salad Fries Choice of Fruit</p>	<p><b>9</b> Cheeseburger</p> <p><b>Featured Veggies:</b> Hot Veggie Choice of Fruit Choice of Milk</p>
<p><b>12</b> <b>Columbus Day</b></p>	<p><b>13</b> Chicken Patty</p> <p><b>Featured Veggies:</b> Carrots Cucumbers Choice of Fruit Choice of Milk</p>	<p><b>14</b> GRAB &amp; GO BREAKFAST &amp; LUNCH</p>	<p><b>15</b> Bologna Sandwich</p> <p><b>Featured Veggies:</b> Chips Clery Stick Choice of Fruit Choice of Milk</p>	<p><b>16</b> Grilled Cheese</p> <p><b>Featured Veggies:</b> Salad Tomato Soup Choice of Fruit Choice of Milk</p>
<p><b>19</b> Mini Pancakes with Sausage</p> <p><b>Featured Veggies:</b> Hash Brown Choice of Fruit Choice of Milk</p>	<p><b>20</b> Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Hot Veggie Salad Choice of Fruit Choice of Milk</p>	<p><b>21</b> GRAB &amp; GO BREAKFAST &amp; LUNCH</p>	<p><b>22</b> Mini Pancakes with Sausage</p> <p><b>Featured Veggies:</b> Hash Brown Choice of Fruit Choice of Milk</p>	<p><b>23</b> Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Salad Hot Veggie Choice of Fruit Choice of Milk</p>
<p><b>26</b> Meatball Sub or</p> <p><b>Featured Veggies:</b> Cucumber Tots Choice of Fruit Choice of Milk</p>	<p><b>27</b> Nacho Grande</p> <p><b>Featured Veggies:</b> Salad Corn Choice of Fruit Choice of Milk</p>	<p><b>28</b> GRAB &amp; GO BREAKFAST &amp; LUNCH</p>	<p><b>29</b> Meatball Sub</p> <p><b>Featured Veggies:</b> Tatar Tots Cucumbers Choice of Fruit Choice of Milk</p>	<p><b>30</b> Nacho Grande</p> <p><b>Featured Veggies:</b> Salad Corn Choice of Fruit Choice of Milk</p>