

NOVEMBER 2021



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
DEPENDING ON PRODUCT
AVAILABILITY**



Lunch Prices
Student \$2.20
Reduced \$.40
A

General Manager
Lou Kluck

Phone Number
570-735-8534

Email

ml1102@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast for Lunch Featured Veggies: Sausage Hash Brown Choice of Fruit Choice of Milk	2 Hot Dogs Featured Veggies: Baked Beans Carrots Choice of Fruit Choice of Milk	3 Chicken Patty Featured Veggies: Beans Fries Choice of Fruit Choice of Milk	4 BBQ Ribby Featured Veggies: Salad Beans Choice of Fruit Choice of Milk	5 Macaroni & cheese Featured Veggies: Stewed Tomatoes Sliced Cucumbers Choice of Fruit Choice of Milk
8 Meatballs & Gravy Featured Veggies: Noodles Hot Veggie Choice of Fruit Choice of Milk	9 Soft Taco Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	10 Chicken Mashed Potato Bowl Featured Veggies: Mashed Potato corn Choice of Fruit Choice of Milk	11 VETERAN'S DAY	12 IN-SERVICE PARENT TEACHER CONFERENCE NO STUDENTS
15 Meatball Sub Featured Veggies: Cucumber Tots Choice of Fruit Choice of Milk	16 Nacho Grande Featured Veggies: Corn Cucumber Choice of Fruit Choice of Milk	17 Thanksgiving Dinner	18 Hot Dogs Featured Veggies: Carrots Fries Choice of Fruit Choice of Milk	19 Stuffed Crust Pizza Featured Veggies: Salad Steamed Peas Choice of Fruit Choice of Milk
22 Ham & Cheese Sandwich Featured Veggies: Chips Hot Vegetable Choice of Fruit Choice of Milk	23 Tatar Tot Bowl Featured Veggies: Tots Carrots Choice of Fruit Choice of Milk	24 1/2 Day NO LUNCH	25 HAPPY THANKSGIVING	26 HAPPY THANKSGIVING
HAPPY THANKSGIVING				