

AUG/SEPT 2024



GREATER NANTICOKE AREA KENNEDY ELEMENTARY 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 and mandarin oranges



DAILY ENTREE OPTIONS MAY INCLUDE:
PB&J Jamwich with String Cheese & Graham Snack
Ham & Cheese Cubes, Crackers, & Graham Snacks
Fruit & Yogurt Lunch Pack with Graham Snack & String Cheese

MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 TEACHERS IN-SERVICE NO STUDENTS	27 TEACHERS IN-SERVICE NO STUDENTS	28 Chicken Patty Featured Veggies: Vegetable Fries Choice of Fruit Choice of Milk	29 Cheeseburger Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	30 Pizza Featured Veggies: Cucumbers Steamed Peas Choice of Fruit Choice of Milk
2 	3 Tator Tot Bowl Featured Veggies: Tots Cucumbers Choice of Fruit Choice of Milk	4 Chicken Mashed Potato Bowl Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk	5 Meatballs & Gravy over Rice Featured Veggies: Vegetable Rice Choice of Fruit Choice of Milk	6 Hotdogs Featured Veggies: Fries Baked beans Choice of Fruit Choice of Milk
9 Chicken Nuggets Featured Veggies: French Fries Hot Veggie Choice of Fruit Choice of Milk	10 Cheeseburger Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	11 Ham & Cheese Sandwich Featured Veggies: Chips Vegetable Choice of Fruit Choice of Milk	12 Chicken Patty Featured Veggies: French Fries Carrots Choice of Fruit Choice of Milk	13 Fish Sticks Featured Veggies: Fries Steamed Peas Choice of Fruit Choice of Milk
16 Corn Dogs Featured Veggies: Baked Beans Vegeable Choice of Fruit Choice of Milk	17 Soft Taco Featured Veggies: Rice Corn Choice of Fruit Choice of Milk	18 Chicken Mashed Potato Bowl Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk	19 Breakfast for Lunch Featured Veggies: Sausage Hashbrown Choice of Fruit Choice of Milk	20 FULL ACT 80 DAY NO STUDENTS
23 Macaroni & Cheese Featured Veggies: Green Beans Cucumbers Choice of Fruit Choice of Milk	24 Nacho Grande Featured Veggies: Corn Rice Choice of Fruit Choice of Milk	25 Bologna Sandwich Featured Veggies: French Fries Carrots Choice of Fruit Choice of Milk	26 Hotdogs Featured Veggies: French Fries Carrots Choice of Fruit Choice of Milk	27 Pierogies Featured Veggies: Cucumbers Hot Veggie Choice of Fruit Choice of Milk

Consuming raw or undercooked meat, poultry, fish, shellfish, or eggs increases your risk of foodborne illness.

