

DECEMBER 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL</p> <p>THANKSGIVING BREAK</p>	<p>3</p> <p>Hot Dogs</p> <p>Featured Veggies: Fries Hot Vegetable Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Chicken Patty</p> <p>Featured Veggies: Vegetable Fries Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Cheeseburger</p> <p>Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Pizza</p> <p>Featured Veggies: Cucumbers Hot Veggie Choice of Fruit Choice of Milk</p>
<p>9</p> <p>Chicken Nuggets</p> <p>Featured Veggies: French Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Tator Tot Bowl</p> <p>Featured Veggies: Tots Cucumbers Choice of Fruit Choice of Milk</p>	<p>11</p> <p>HOLIDAY CHRISTMAS DINNER</p>	<p>12</p> <p>Meatballs & Gravy over Rice</p> <p>Featured Veggies: Vegetable Rice Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Macaroni & Cheese</p> <p>Featured Veggies: Green Beans Cucumbers Choice of Fruit Choice of Milk</p>
<p>16</p> <p>Corn Dogs</p> <p>Featured Veggies: French Fries Baked Beans Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Cheeseburger</p> <p>Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Chicken Mashed Potato Bowl</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Ham & Cheese Sandwich</p> <p>Featured Veggies: Chips Carrots Choice of Fruit Choice of Milk</p>	<p>20</p> <p>1/2 DAY</p> <p>NO LUNCH</p>
<p>23</p>	<p>24</p> <p>25</p> <p>26</p> <p><i>Happy Holidays</i></p>			<p>27</p>

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

