

JANUARY 2022



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

Meal 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**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	4 Hot Dogs Featured Veggies: Baked Beans Fries Choice of Fruit Choice of Milk	5 Chicken Patty Featured Veggies: Hot Veggie Fries Choice of Fruit Choice of Milk	6 Chicken Nuggets Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	7 Macaroni & cheese Featured Veggies: Stewed Tomatoes Sliced Cucumbers Choice of Fruit Choice of Milk
10 Meatballs & Gravy Featured Veggies: Noodles Hot Veggie Choice of Fruit Choice of Milk	11 Soft Taco Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	12 Chicken Mashed Potato Bowl Featured Veggies: Mashed Potato corn Choice of Fruit Choice of Milk	13 Breakfast for Lunch Featured Veggies: Sausage Hash Brown Choice of Fruit Choice of Milk	14 Bologna & cheese Sandwich Featured Veggies: Chips Hot Vegetable Choice of Fruit Choice of Milk
17 	18 Nacho Grande Featured Veggies: Corn Cucumber Choice of Fruit Choice of Milk	19 Cheeseburger Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	20 Hot Dogs Featured Veggies: Carrots Fries Choice of Fruit Choice of Milk	21 Stuffed Crust Pizza Featured Veggies: Salad Steamed Peas Choice of Fruit Choice of Milk
24 Ham & Cheese Sandwich Featured Veggies: Chips Hot Vegetable Choice of Fruit Choice of Milk	25 Tatar Tot Bowl Featured Veggies: Tots Carrots Choice of Fruit Choice of Milk	26 Corn Dogs Featured Veggies: Beans Salad Choice of Fruit Choice of Milk	27 Chicken Sticks Featured Veggies: Vegetable Fries Choice of Fruit Choice of Milk	28 Pierogies Featured Veggies: Hot Veggie Salad Choice of Fruit Choice of Milk
27 	28 	29 	30 	31



Consuming raw or undercooked meat, poultry, fish shellfish or eggs increase your risk of food borne illness

Student \$2.20
Reduced \$.40
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General Manager
Lou Kluck
Phone Number
570-735-8534
Email

mat1102@metzcorp.com



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