

# MARCH 2023



# 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**



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

Adult Lunch \$4.05

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Spring</b></p>	<p><b>Spring</b></p>	<p><b>1</b> Hot Dogs</p> <p><b>Featured Veggies:</b> Mixed Vegetable Cucumbers Choice of Fruit Choice of Milk</p>	<p><b>2</b> Chicken Nuggets</p> <p><b>Featured Veggies:</b> Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>3</b> Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Cucumbers Steamed Peas Choice of Fruit Choice of Milk</p>
<p><b>6</b> Meatballs &amp; Gravy</p> <p><b>Featured Veggies:</b> Noodles Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>7</b> Chicken Patty</p> <p><b>Featured Veggies:</b> Vegetable Fries Choice of Fruit Choice of Milk</p>	<p><b>8</b> Chicken Mashed Potato Bowl</p> <p><b>Featured Veggies:</b> Mashed Potato corn Choice of Fruit Choice of Milk</p>	<p><b>9</b> Bologna &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b> Chips Hot Vegetable Choice of Fruit Choice of Milk</p>	<p><b>10</b> Grilled Cheese</p> <p><b>Featured Veggies:</b> Tomato Soup Fries Choice of Fruit Choice of Milk</p>
<p><b>13</b> Turkey Sandwich</p> <p><b>Featured Veggies:</b> Chips Hot Vegetable Choice of Fruit Choice of Milk</p>	<p><b>14</b> Nacho Grande</p> <p><b>Featured Veggies:</b> Corn Cucumber Choice of Fruit Choice of Milk</p>	<p><b>15</b> Cheeseburger</p> <p><b>Featured Veggies:</b> Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>16</b> Hot Dogs</p> <p><b>Featured Veggies:</b> Carrots Fries Choice of Fruit Choice of Milk</p>	<p><b>17</b> Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b> Cucumbers Steamed Peas Choice of Fruit Choice of Milk</p>
<p><b>20</b> Meatball Sub</p> <p><b>Featured Veggies:</b> Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>21</b> Soft Taco</p> <p><b>Featured Veggies:</b> Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>22</b> Pierogies</p> <p><b>Featured Veggies:</b> Vegetable Fries Choice of Fruit Choice of Milk</p>	<p><b>23</b> Ham &amp; cheese Sandwich</p> <p><b>Featured Veggies:</b> Chips Pickles Choice of Fruit Choice of Milk</p>	<p><b>24</b> ACT 80 DAY  NO STUDENTS</p>
<p><b>27</b> Corn Dog</p> <p><b>Featured Veggies:</b> Green Beans Fries Choice of Fruit Choice of Milk</p>	<p><b>28</b> Tatar Tot Bowl</p> <p><b>Featured Veggies:</b> Tots Vegetable Choice of Fruit Choice of Milk</p>	<p><b>29</b> Cheeseburger</p> <p><b>Featured Veggies:</b> Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>30</b> Breakfast For Lunch</p> <p><b>Featured Veggies:</b> Hash Brown Sausage Choice of Fruit Choice of Milk</p>	<p><b>31</b> Macaroni &amp; Cheese</p> <p><b>Featured Veggies:</b> Hot Veggie Stewed Tomatoes Choice of Fruit Choice of Milk</p>