

**MAY  
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**

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**



**Positive Plantain**

Consuming raw or undercooked meat, poultry, fish shellfish or eggs

increase your risk of food borne illness

Student \$2.20  
Reduced \$.40  
A

General Manager  
Lou Kluck

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| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <p><b>2</b><br/>Cheeseburger</p> <p><b>Featured Veggies:</b><br/>Fries<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p>                         | <p><b>3</b><br/>Hot Dogs</p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Fries<br/>Choice of Fruit<br/>Choice of Milk</p>     | <p><b>4</b><br/>Tatar Tot Bowl</p> <p><b>Featured Veggies:</b><br/>Tots<br/>Choice of Fruit<br/>Choice of Milk</p>                                | <p><b>5</b><br/>Chicken Nuggets</p> <p><b>Featured Veggies:</b><br/>Fries<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p>                     | <p><b>6</b></p> <p><b>IN-SERVICE<br/>NO SCHOOL</b></p> <p>SENIOR PROM</p>  |
| <p><b>9</b><br/>Meatballs &amp; Gravy</p> <p><b>Featured Veggies:</b><br/>Noodles<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p>              | <p><b>10</b><br/>Soft Taco</p> <p><b>Featured Veggies:</b><br/>Rice<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p>     | <p><b>11</b><br/>Chicken Mashed Potato Bowl</p> <p><b>Featured Veggies:</b><br/>Mashed Potato<br/>corn<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>12</b><br/>Turkey &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b><br/>Chips<br/>Sliced Cucumbers<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>13</b><br/>Macaroni &amp; Cheese</p> <p><b>Featured Veggies:</b><br/>Hot Veggie<br/>Stewed Tomatoes<br/>Choice of Fruit<br/>Choice of Milk</p> |
| <p><b>16</b><br/>Bologna &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b><br/>Chips<br/>Sliced Cucumbers<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>17</b><br/>Nacho Grande</p> <p><b>Featured Veggies:</b><br/>Corn<br/>Cucumber<br/>Choice of Fruit<br/>Choice of Milk</p>    | <p><b>18</b><br/>Cheeseburger</p> <p><b>Featured Veggies:</b><br/>Fries<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p>                 | <p><b>19</b><br/>Hot Dogs</p> <p><b>Featured Veggies:</b><br/>Carrots<br/>Fries<br/>Choice of Fruit<br/>Choice of Milk</p>                              | <p><b>20</b><br/>Stuffed Crust Pizza</p> <p><b>Featured Veggies:</b><br/>Salad<br/>Steamed Peas<br/>Choice of Fruit<br/>Choice of Milk</p>           |
| <p><b>23</b><br/>Ham &amp; Cheese Sandwich</p> <p><b>Featured Veggies:</b><br/>Chips<br/>Hot Vegetable<br/>Choice of Fruit<br/>Choice of Milk</p>        | <p><b>24</b><br/>Tatar Tot Bowl</p> <p><b>Featured Veggies:</b><br/>Tots<br/>Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>   | <p><b>25</b><br/>Corn Dogs</p> <p><b>Featured Veggies:</b><br/>Beans<br/>Salad<br/>Choice of Fruit<br/>Choice of Milk</p>                         | <p><b>26</b><br/>Chicken Patty</p> <p><b>Featured Veggies:</b><br/>Vegetable<br/>Fries<br/>Choice of Fruit<br/>Choice of Milk</p>                       | <p><b>27</b><br/>Toasted Cheese</p> <p><b>Featured Veggies:</b><br/>Hot Veggie<br/>Tomato Soup<br/>Choice of Fruit<br/>Choice of Milk</p>            |
| <p><b>30</b><br/><b>memorial DAY</b></p>   | <p><b>31</b><br/>Cheeseburger</p> <p><b>Featured Veggies:</b><br/>Fries<br/>Hot Veggie<br/>Choice of Fruit<br/>Choice of Milk</p> |   |   |  |