

OCTOBER 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
<p>30</p> <p>Fish Sticks</p> <p>Featured Veggies: Fries Hot Vegetable Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Breakfast for Lunch</p> <p>Featured Veggies: Hash Brown Sausage Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Chicken Patty</p> <p>Featured Veggies: Vegetable Fries Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Cheeseburger</p> <p>Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Pizza</p> <p>Featured Veggies: Cucumbers Steamed Peas Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Chicken Nuggets</p> <p>Featured Veggies: French Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Tator Tot Bowl</p> <p>Featured Veggies: Tots Cucumbers Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Chicken Mashed Potato Bowl</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Meatballs & Gravy over Rice</p> <p>Featured Veggies: Vegetable Rice Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Macaroni & Cheese</p> <p>Featured Veggies: Green Beans Cucumbers Choice of Fruit Choice of Milk</p>
<p>14</p> 	<p>15</p> <p>Cheeseburger</p> <p>Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Ham & Cheese Sandwich</p> <p>Featured Veggies: Chips Vegetable Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Chicken Patty</p> <p>Featured Veggies: French Fries Carrots Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Grilled Cheese</p> <p>Featured Veggies: Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p>21</p> <p>Corn Dogs</p> <p>Featured Veggies: Baked Beans Vegetable Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Soft Taco</p> <p>Featured Veggies: Rice Corn Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Bologna Sandwich</p> <p>Featured Veggies: French Fries Carrots Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Rotini with Meatsauce</p> <p>Featured Veggies: Beans Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Pizza</p> <p>Featured Veggies: Cucumbers Steamed Peas Choice of Fruit Choice of Milk</p>
<p>28</p> <p>Breakfast for Lunch</p> <p>Featured Veggies: Sausage Hashbrown Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Nacho Grande</p> <p>Featured Veggies: Corn Rice Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Chicken Mashed Potato Bowl</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>31</p> <p>NO LUNCH</p> <p>1/2 DAY STUDENTS</p>	<p>1</p> <p>Pierogies</p> <p>Featured Veggies: Cucumbers Hot Veggie Choice of Fruit Choice of Milk</p>

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