

SEPTEMBER 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**



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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Lou Kluck

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p>	<p>6</p> <p>Hot Dogs</p> <p>Featured Veggies: Green Beans Fries Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Tatar Tot Bowl</p> <p>Featured Veggies: Tots Corn Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Chicken Nuggets</p> <p>Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Cheeseburger</p> <p>Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk</p>
<p>12</p> <p>Meatballs & Gravy</p> <p>Featured Veggies: Noodles Hot Veggie Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Soft Taco</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Chicken Mashed Potato Bowl</p> <p>Featured Veggies: Mashed Potato corn Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Turkey & Cheese Sandwich</p> <p>Featured Veggies: Chips Sliced Cucumbers Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Macaroni & Cheese</p> <p>Featured Veggies: Hot Veggie Stewed Tomatoes Choice of Fruit Choice of Milk</p>
<p>19</p> <p>Bologna & Cheese Sandwich</p> <p>Featured Veggies: Chips Sliced Cucumbers Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Nacho Grande</p> <p>Featured Veggies: Corn Cucumber Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Cheeseburger</p> <p>Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Hot Dogs</p> <p>Featured Veggies: Carrots Fries Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Stuffed Crust Pizza</p> <p>Featured Veggies: Salad Steamed Peas Choice of Fruit Choice of Milk</p>
<p>26</p> <p>Ham & Cheese Sandwich</p> <p>Featured Veggies: Chips Hot Vegetable Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Breakfast For Lunch</p> <p>Featured Veggies: Hash Brown Sausage Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Corn Dogs</p> <p>Featured Veggies: Mixed Vegetable Cucumbers Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chicken Patty</p> <p>Featured Veggies: Vegetable Fries Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Toasted Cheese</p> <p>Featured Veggies: Hot Veggie Tomato Soup Choice of Fruit Choice of Milk</p>