

Northeast Bradford Elementary School

Lunch Menu 9.27 to 10.29.21

10.5.21

Food Service Director: Alice Bennett, R.D.
 abennett@nebpanthers.com
 570-744-2521 Ext. 2241



ALL MEALS ARE FREE FOR CHILDREN AGE 18 and UNDER!

What Makes a Meal?

You must choose at least **3 of 5 components** available at lunch:

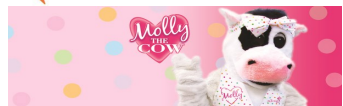
- Choice of Meat or Meat Alternate
 - Choice of Vegetable, Choice of Fruit*
 - Choice of Grain/Bread, and Milk
- *Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables

- *Vegetables may include:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery
 Cucumber
- *Fruits may include:**
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Peas
 Applesauce
- *May choose two 1/2 cup servings**
- *May choose one 1/2 cup serving**

Fresh Produce from Local Farms based on crop availability



Milk Choices Offered Daily

1% Flavored Milk, Skim (Fat Free White) and Low Fat (1%) White

MENUS SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
9.27 Corndog Minis Baked Beans Baby Carrots Chilled Peas Low Fat Milk	9.28 Beefy Nachos Golden Corn Chickpea Salad Chilled Peaches Low Fat Milk	9.29 Pasta Alfredo with Garlic Breadstick Broccoli Cuts Cucumber Slices Fruit Cocktail Low Fat Milk	9.30 Sweet & Sour Chicken over Rice Steamed Peas Broccoli Florets Mandarin Oranges Low Fat Milk	10.1 WORLD SMILE DAY! Cheeseburger on a Bun with a Smile Smiley Fries Tossed Salad Apple Smiles Low Fat Milk FREE STICKER!	Week 1 Cheeseburger on a Bun Ham Chef Salad/Bread Breaded Chicken Wrap Fruit & Yogurt Parfait PBJ Sandwich
10.4 Chicken Patty on a Bun Steamed Green Beans Baby Carrots Pineapple Tidbits Low Fat Milk	10.5 Pasta with Meat Sauce and Garlic Bread Mixed Vegetables White Bean Salad Mixed Fruit Low Fat Milk	10.6 Hotdog on a Bun French Fries Cucumber Slices Diced Peaches Low Fat Milk EARLY DISMISSAL	10.7 Breakfast for Lunch! Tater Tots Broccoli Florets Cinnamon Applesauce Low Fat Milk	10.8 Pizza Choices Carrot Coins Tossed salad Chilled Peas Low Fat Milk	Week 2 Corndog Minis Chef Salad with Bread Slice Turkey & Cheese Sub Fruit & Yogurt Parfait PBJ Sandwich
10.11 No School	10.12 Turkey Pocket Sweet Peas Chickpea Salad Mandarin Oranges Low Fat Milk	10.13 Macaroni & Cheese With Bread Slice Glazed Carrots Cucumber Slices Mixed Fruit Low Fat Milk	10.14 Walking Taco with Fiesta Rice Whole Kernel Corn Broccoli Florets Chilled Peaches Low Fat Milk	10.15 Pizza Choices Steamed Green Beans Tossed Salad Diced Peas Low Fat Milk	Week 3 Rib Patty Sandwich Chef Salad with Bread Slice Tuna Sandwich Fruit & Yogurt Parfait PBJ Sandwich
10.18 Ham & Cheese Melt Steamed Peas Baby Carrots Pineapple Tidbits Low Fat Milk	10.19 Beefy Nachos With Bread Slice Golden Corn White Bean Salad Mixed Fruit Low Fat Milk	10.20 Chicken Patty on a Bun French Fries Cucumber Slices Mandarin Oranges Low Fat Milk	10.21 Pasta with Meatballs And Garlic Bread Green Beans Broccoli Florets Peas Low Fat Milk	10.22 Pizza Choices Mixed Vegetables Tossed Salad Peaches Low Fat Milk	Week 4 Hotdog on a Bun Chef Salad with Bread Slice Ham & Cheese Sub Fruit & Yogurt Parfait PBJ Sandwich
10.25 Fish Sticks With Rice Steamed Broccoli Cuts Baby Carrots Fruit Cocktail Low Fat Milk	10.26 Breakfast for Lunch! Tater Tots Chickpea Salad Cinnamon Applesauce Low Fat Milk	10.27 Corndog Minis Baked Beans Cucumber Slices Mandarin Oranges Low Fat Milk	10.28 Chicken & Biscuits Mashed Potatoes Broccoli Florets Chilled Peaches Low Fat Milk	10.29 Pumpkin Patch Pizza Goblin Green Beans Spooky Tossed Salad Freaky Frozen Juice Cup Monster Milk	Week 5 Ham & Cheese Melt Chef Salad With Bread Slice Breaded Chicken Wrap PBJ Sandwich

