

# Northeast Bradford Elementary School Lunch Menu October 2020

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## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
\*May choose two 1/2 cup servings

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose one 1/2 cup serving

Fresh Produce from Local Farms based on crop availability

**MENUS SUBJECT TO CHANGE 8.10.20**



## Milk Choices Offered Daily

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

### Lunch Prices:

Paid \$2.40  
Reduced \$.40  
Milk only \$.60

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
			<b>10/1</b> Popcorn Chicken Bowl w/ Bread Mashed Potatoes w/Gravy Celery Sticks Fresh Apples Low Fat Milk	<b>10/2</b> Assorted Pizza Steamed Sweet Peas Cucumber and Tomato Cups Diced Pears Low Fat Milk	<b>Week 1</b> Chef Salad w/ Bread Tuna Salad Sandwich Peanut Butter & Jelly
<b>10/5</b> Breaded Chicken Sandwich Tater Tots Baby Carrots Pineapple Tidbits Low Fat Milk	<b>10/6</b> Macaroni and Cheese w/ Bread Stewed Tomatoes Cucumber Salad Flavored Applesauce Low Fat Milk	<b>10/7</b> Lasagna Rollup w/Bread Steamed Broccoli Roasted Chickpeas Sliced Peaches Low Fat Milk	<b>10/8</b> Chicken Nuggets w/Bread French Fries Broccoli Florets Mandarin Oranges Low Fat Milk	<b>10/9</b> Assorted Pizza Honey Glazed Carrots Garden Salad Diced Pears Low Fat Milk	<b>Week 2</b> Grilled Chicken Salad w/ Bread Ham and Cheese Hoagie Peanut Butter & Jelly
<b>10/12</b> Hot Dog on a Bun Tater Tots Fresh Broccoli Florets Chilled Peaches Low Fat Milk	<b>10/13</b> Breaded Chicken Patty Sandwich Green Beans Italian Chickpeas Pineapple Tidbits Low Fat Milk	<b>10/14</b> Cheeseburger on a Bun Seasoned Carrots Fresh Cucumber Slices Mandarin Oranges Low Fat Milk	<b>10/15</b> Popcorn Chicken Bowl w/ Bread Mashed Potatoes w/Gravy Garden Salad Flavored Craisins Low Fat Milk	<b>10/16</b> Assorted Pizza Seasoned Broccoli Fresh Baby Carrots Fruit Cocktail Low Fat Milk	<b>Week 3</b> Popcorn Chicken Salad w/Bread Turkey and Cheese Wrap Peanut Butter & Jelly
<b>10/19</b> Chicken Nuggets w/Bread French Fries Baby Carrots Mandarin Oranges Low Fat Milk	<b>10/20</b> Pasta and Meatballs w/Bread Seasoned Peas Fresh Cucumber Slices Flavored Applesauce Low Fat Milk	<b>10/21</b> Chicken Nachos w/Cheese and Rice Refried Beans Spinach Garden Salad Sliced Peaches Low Fat Milk	<b>10/22</b> French Toast Sticks w/ Sausage Tater Tots Fresh Broccoli Florets Sliced Strawberries Low Fat Milk	<b>10/23</b> Assorted Pizza Steamed Mixed Vegetables Fresh Pepper Strips Diced Pears Low Fat Milk	<b>Week 4</b> Vegetarian Salad Italian Hoagie Peanut Butter & Jelly
<b>10/26</b> Tony's Fiestada Beef Pizza Roasted Carrots Fresh Tomato Wedges Fresh Oranges Low Fat Milk	<b>10/27</b> General Tso's Chicken Bowl w/Rice Steamed Broccoli Fresh Broccoli Salad Pineapple Tidbits Low Fat Milk	<b>10/28</b> Meatball Hoagie w/Cheese Crispy Potato Wedges Fresh Celery and Carrots Flavored Applesauce Low Fat Milk	<b>10/29</b> BBO Pork Sandwich Season Corn Roasted Chickpeas Sliced Peaches Low Fat Milk	<b>10/30</b> Assorted Pizza Italian Green Beans Fresh Baby Carrots Fruit Cocktail Low Fat Milk	<b>Week 5</b> Breaded Chicken Salad w/Bread Ham and Cheese Wrap Peanut Butter & Jelly