

APRIL 2019



# GREATER NANTICOKE AREA HIGH SCHOOL 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**  
Meal or meal 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

**Daily Pizza Selections**

**Salad Bar Served Daily**

**Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese**

**MENU SUBJECT TO CHANGE**



Lunch Prices  
Student \$2.60  
Reduced \$.40  
Adult \$3.35

**General Manager**  
Lou Kluck  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Chicken Cordon Bleu Sandwich or Pork BBQ</p> <p><b>Featured Veggies:</b> Tatar Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Hot Ham &amp; Cheese on a Pretzel Bun or Chicken Enchiladas</p> <p><b>Featured Veggies:</b> Rice Fries Choice of Fruit Choice of Milk</p>	<p><b>3</b></p> <p>Roast Chicken Dinner</p> <p>Macaroni &amp; Cheese with Roll</p> <p><b>Featured Veggies:</b> Mashed Potatoes Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Chicken Parmesan Sandwich or Italian Stromboli</p> <p><b>Featured Veggies:</b> Baby Carrots Salad Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Buffalo Chicken &amp; Cheese On Flat Bread or Grilled Cheese</p> <p><b>Featured Veggies:</b> Garden Salad Tomato Soup Choice of Fruit Choice of Milk</p>
<p><b>8</b></p> <p>Hot Dog Bar</p> <p>or Chicken Nuggets Assorted Sauces</p> <p><b>Featured Veggies:</b> Oven Fries Carrots Sticks Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Nacho Grande</p> <p>or Italian Dunkers</p> <p><b>Featured Veggies:</b> Sliced Cucumbers Rice Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Rotini With Meat sauce or Burger Bar</p> <p><b>Featured Veggies:</b> Steamed Carrots Garden Salad Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Jacked Up Fries</p> <p>or Grab n Gos Asst Pizza</p> <p><b>Featured Veggies:</b> Grape Tomatoes Salad Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Spicy Chicken Patty</p> <p>or Pierogies with Butter &amp; Onions</p> <p><b>Featured Veggies:</b> Romaine Salad Fries Choice of Fruit Choice of Milk</p>
<p><b>15</b></p> <p>Chicken Mashed Potato Bowl or Asst Pizza</p> <p><b>Featured Veggies:</b> Mexican Corn Fries Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p>TATAR TOT BOWL</p> <p>or Grab &amp; Go Asst Pizza</p> <p><b>Featured Veggies:</b> Salad Celery Stick Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>EASTER TURKEY DINNER</p>	<p><b>18</b></p> <p>General Tso Chicken or Cheesesteak Hoagie</p> <p><b>Featured Veggies:</b> Broccoli Home Fries Choice of Fruit Choice of Milk</p>	<p><b>19</b></p>
<p><b>22</b></p> <p><b>NO SCHOOL</b></p> <p><b>EASTER BREAK</b></p>	<p><b>23</b></p> <p>Chicken Quesadilla or Meatball Hoagie</p> <p><b>Featured Veggies:</b> Rice Fries Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Pulled Pork Sandwich or Sausage &amp; Pepper</p> <p><b>Featured Veggies:</b> Curly Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Brunch for Lunch or Asian Noodle Bowl</p> <p><b>Featured Veggies:</b> Broccoli Salad Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Pasta Bar or Cowboy Burger</p> <p><b>Featured Veggies:</b> Baby Carrots Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p><b>29</b></p> <p>Assorted Pizza &amp; Grab &amp; Go or Chicken Mash Potato Bowl with a Dinner Roll</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Buffalo Chicken Cheesesteak or Sloppy Joe</p> <p><b>Featured Veggies:</b> Fries Salad Choice of Fruit Choice of Milk</p>			