

AUG/SEPT 2019



GREATER NANTICOKE AREA EDUCATION CENTER 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

Ham & Cheese Sandwich

Grilled Chicken Salad w/ roll

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

Menu Subject to change



Lunch Prices
 Paid \$2.20
 Reduced \$4.40
 Adult \$3.35

General Manager
Lou Kluck

Phone Number
570-735-8534

ma1102@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
TEACHERS IN-SERVICE NO STUDENTS	TEACHERS IN-SERVICE NO STUDENTS	Hot Dog or Pulled Pork Sandwich Featured Veggies: Tatar Tots Baked Beans Choice of Fruit Choice of Milk	Meatballs and Gravy over Rice or Tatar Tot Bowl Featured Veggies: Rice Salad Choice of Fruit Choice of Milk	Toasted Cheese Sandwich or Cheesesteak Sub Featured Veggies: Oven Fries Tomato Soup Choice of Fruit Choice of Milk
2 LABOR DAY 	3 Beef Taco on Soft Tortilla or Cheeseburger Featured Veggies: Rice Green Pepper Strips Choice of Fruit Choice of Milk	4 Sloppy Joes or Ham & Cheese Craveable Featured Veggies: Tatar Tots Green Pepper Strips Choice of Fruit Choice of Milk	5 Chicken Patty Sandwich or Cheese Beef & Mac Garlic Bread Stick Featured Veggies: Garden Salad Green Beans Choice of Fruit Choice of Milk	6 Chicken Nuggets with Sauces or Macaroni & Cheese Featured Veggies: Fries Stewed Tomatoes Choice of Fruit Choice of Milk
9 Chicken Fajita or Hot dog Bar Featured Veggies: Green Beans Rice Choice of Fruit Choice of Milk	10 Nachos Grande Tortilla Chips or Meatball Sub Featured Veggies: Fries Baby Carrots Choice of Fruit Choice of Milk	11 Burger Bar or Yogurt Craveable Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	12 Italian Grinder or Mini Pancakes with Sausage Featured Veggies: Red Peppers Romaine Salad Choice of Fruit Choice of Milk	13 Cheesesteak Hoagie or Stuffed Crust Pizza Featured Veggies: Fries Salad Choice of Fruit Choice of Milk
16 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Corn Mashed Potatoes Choice of Fruit Choice of Milk	17 Sausage & Peppers Sub or Walking Taco Featured Veggies: Steamed Carrots Salad Choice of Fruit Choice of Milk	18 Turkey Craveable or Cheeseburger Featured Veggies: Side Salad Tots Choice of Fruit Choice of Milk	19 Chicken Parm Sandwich or Quesadilla Featured Veggies: Rice Pepper Strips Choice of Fruit Choice of Milk	20 Buffalo Chicken Dip with Flatbread or BBQ Ribby Featured Veggies: Fries Garden Salad Choice of Fruit Choice of Milk
23 Chicken Nuggets Assorted Sauces or Corn Dog Featured Veggies: Fries Fresh Cucumber Slices Choice of Fruit Choice of Milk	24 Deli Bar or Soft Taco Featured Veggies: Rice Fresh Cucumber Slices Choice of Fruit Choice of Milk	25 Ham Craveable or Cheeseburger Featured Veggies: Tossed Salad Tots Choice of Fruit Choice of Milk	26 Rotini Pasta with Meat sauce or Chicken Patty Sandwich Featured Veggies: Broccoli Fries Choice of Fruit Choice of Milk	27 Stuffed Crust Pizza or Hot Ham and cheese Featured Veggies: Salad Carrots Choice of Milk Choice of Milk