

AUG/SEPT 2019



GREATER NANTICOKE AREA HIGH SCHOOL LUNCH MENU

Monday 26

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 Sandwich with String Cheese & Graham Snack

Daily Pizza Selections

Salad Bar Served Daily



Monday 26

TEACHERS
IN-SERVICE
NO STUDENTS

Tuesday 27

TEACHERS
IN-SERVICE
NO STUDENTS

Wednesday 28

Meatball Sub
or
Chicken Patty Sandwich
Featured Veggies:
Tatar Tots
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Thursday 29

Bacon Cheeseburger
or
Pork BBQ
Featured Veggies:
Fries
Salad
Choice of Fruit
Choice of Milk

Friday 30

Buffalo Chicken & Cheese
On Flat Bread
or
Grilled Cheese
Featured Veggies:
Garden Salad
Tomato Soup
Choice of Fruit
Choice of Milk



3

Hot Dog
or
Walking Taco

Featured Veggies:
Sliced Cucumbers
Rice
Choice of Fruit
Choice of Milk

4

Rotini With Meat sauce
or
Sausage & Pepper Sub

Featured Veggies:
Steamed Carrots
Garden Salad
Choice of Fruit
Choice of Milk

5

Jacked Up Fries
or
Asst Pizza

Featured Veggies:
Grape Tomatoes
Salad
Choice of Fruit
Choice of Milk

6

Cheesesteak
or
Italian Stromboli

Featured Veggies:
Romaine Salad
Fries
Choice of Fruit
Choice of Milk

9

Pulled Pork Sandwich
or
Chicken Cordon Bleu Sandwich

Featured Veggies:
Mexican Corn
Fries
Choice of Fruit
Choice of Milk

10

TATAR TOT BOWL
or
Asst Pizza

Featured Veggies:
Salad
Celery Stick
Choice of Fruit
Choice of Milk

11

Buffalo Chicken Cheesesteak
or
Brunch for Lunch

Featured Veggies:
Fries
Salad
Choice of Fruit
Choice of Milk

12

General Tso Chicken
or
Chicken Patty Sandwich

Featured Veggies:
Broccoli
Hash Brown
Choice of Fruit
Choice of Milk

13

Roast Chicken Dinner
or
Grilled Cheese

Featured Veggies:
Mashed Potatoes
Stewed Tomatoes
Choice of Fruit
Choice of Milk

16

Assorted Pizza
or
Chicken Mash Potato Bowl with a Dinner Roll

Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

17

Chicken Quesadilla
or
Meatball Hoagie

Featured Veggies:
Rice
Fries
Choice of Fruit
Choice of Milk

18

Burger Bar
or
Sausage & Pepper

Featured Veggies:
Curly Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

19

Cheesesteak Hoagie
or
Asian Noodle Bowl

Featured Veggies:
Broccoli
Salad
Choice of Fruit
Choice of Milk

20

Pierogies with Butter & Onions
or
Cowboy Burger

Featured Veggies:
Baby Carrots
Red Pepper Strips
Choice of Fruit
Choice of Milk

23

Hot Dog Bar
or
Chicken Nuggets Assorted Sauces

Featured Veggies:
Oven Fries
Baby Carrots
Choice of Fruit
Choice of Milk

24

Chicken Fajita
or
Hot Ham & Cheese on a Pretzel Bun

Featured Veggies:
Rice
Tots
Choice of Fruit
Choice of Milk

25

Jacked Up Fries
or
Asst Pizza

Featured Veggies:
Pepper Strips
Salad
Choice of Fruit
Choice of Milk

26

Chicken Parmesan Sandwich
or
Chicken Alfredo with Pasta

Featured Veggies:
Broccoli
Pepper Strips
Choice of Fruit
Choice of Milk

27

BBQ Chicken
or
Nacho Grande

Featured Veggies:
Mashed Potatoes
Cherry Tomatoes
Choice of Fruit
Choice of Milk



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

General Manager
Lou Kluck
570-735-8534

ma1102@metzcorp.com

USDA is an equal opportunity provider and employer.