

# AUGUST/SEPTEMBER 2020



# 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**  
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**

**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 \$.40  
Adult \$3.35

**General Manager**  
Lou Kluck  
**Phone Number**  
570-735-8534  
[ml1102@metzcoop.com](mailto:ml1102@metzcoop.com)

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>31</b> Chicken Nuggets with Sauces or Hot Dogs <b>Featured Veggies:</b> Salad Fries Choice of Fruit Choice of Milk	<b>1</b> Cheeseburger or Tatar Tot Bowl <b>Featured Veggies:</b> Tots Salad Choice of Fruit Choice of Milk	<b>2</b>	<b>3</b> Meatball Sub or Chicken Patty Sandwich <b>Featured Veggies:</b> Fries Salad Choice of Fruit Choice of Milk	<b>4</b> Macaroni & Cheese or Cheesesteak Sub <b>Featured Veggies:</b> Oven Fries Stewed Tomatoes Choice of Fruit Choice of Milk
<b>7</b> 	<b>8</b> Italian Dunkers or Chicken Cordon Bleu Sandwich <b>Featured Veggies:</b> Glazed Carrots Side Salad Choice of Fruit Choice of Milk	<b>9</b> PICK UP GRAB & GO BREAKFAST & LUNCH	<b>10</b> Brunch for Lunch or BBQ Ribby <b>Featured Veggies:</b> Hash Brown Sausage Choice of Fruit Choice of Milk	<b>11</b> Buffalo Chicken Dip with Flatbread or Toasted Cheese Sandwich <b>Featured Veggies:</b> Tomato Soup Garden Salad Choice of Fruit Choice of Milk
<b>14</b> Chicken Patty or Hot Ham and Cheese <b>Featured Veggies:</b> Green Beans Tots Choice of Fruit Choice of Milk	<b>15</b> Bacon Cheeseburger or Soft Taco <b>Featured Veggies:</b> Fries Baby Carrots Choice of Fruit Choice of Milk	<b>16</b> PICK UP GRAB & GO BREAKFAST & LUNCH	<b>17</b> Hot Dog or Mini Pancakes with Sausage <b>Featured Veggies:</b> Red Peppers Romaine Salad Choice of Fruit Choice of Milk	<b>18</b> Stuffed Crust Pizza or Sausage & Peppers <b>Featured Veggies:</b> Baby Carrots Side Salad Choice of Fruit Choice of Milk
<b>21</b> Yogurt Craveable or Cheeseburger <b>Featured Veggies:</b> Side Salad Tots Choice of Fruit Choice of Milk	<b>22</b> Chicken Nuggets with Sauces or Nacho Grande <b>Featured Veggies:</b> Fries Cucumbers Choice of Fruit Choice of Milk	<b>23</b> PICK UP GRAB & GO BREAKFAST & LUNCH	<b>24</b> Meatball Sub or Quesadilla <b>Featured Veggies:</b> Steamed Carrots Salad Choice of Fruit Choice of Milk	<b>25</b> Pierogies or Hot Ham and cheese <b>Featured Veggies:</b> Salad Carrots Choice of Milk Choice of Milk
<b>27</b> Chicken Mashed Potato Bowl or Hot Dog <b>Featured Veggies:</b> Corn Mashed Potatoes Choice of Fruit Choice of Milk	<b>26</b> Sloppy Joes or Cheeseburger <b>Featured Veggies:</b> Tots Salad Choice of Fruit Choice of Milk	<b>30</b> GRAB & GO BREAKFAST & LUNCH	<b>1</b> Beefaroni or Pulled Pork Sandwich <b>Featured Veggies:</b> Rice Pepper Strips Choice of Fruit Choice of Milk	<b>2</b> Pizza or Toasted Cheese <b>Featured Veggies:</b> Steamed Carrots Tomato Soup Choice of Fruit Choice of Milk