

FEBRUARY 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

Lunch Prices
 -
 Reduced \$.40
 Adult \$3.35

General Manager
 Lou Kluck
Phone Number
 570-735-8534
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Monday

4
 Hot Dog
 or
 Pulled Pork Sandwich
Featured Veggies:
 Choice of Fruit
 Choice of Milk

11
 Chicken Nuggets
 Assorted Sauces
 Corn Dog
Featured Veggies:
 Fries
 Fresh Cucumber Slices
 Choice of Fruit
 Choice of Milk

18
 Chicken Fajita
 or
 Ravioli
Featured Veggies:
 Green Beans
 Rice
 Choice of Fruit
 Choice of Milk

25
 General Tso
 Chicken
 or
 Cheeseburger
Featured Veggies:
 Rice
 Broccoli
 Choice of Fruit
 Choice of Milk

Tuesday

5
 Buffalo Chicken Dip
 with Flatbread
 or
 Hot Ham
 and cheese
Featured Veggies:
 Choice of Fruit
 Choice of Milk

12
 Beef Taco
 on Soft Tortilla
 or
 Deli Bar
Featured Veggies:
 Rice
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

19
 Nachos Grande
 Tortilla Chips
 or
 Meatball Sub
Featured Veggies:
 Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

26
 Sausage & Peppers
 Sub
 or
 Walking Taco
Featured Veggies:
 Steamed Carrots
 Salad
 Choice of Fruit
 Choice of Milk

Wednesday

6
 Cheesesteak Hoagie
 or
 Chicken Patty
 Sandwich
Featured Veggies:
 Fries
 Salad
 Choice of Fruit
 Choice of Milk

13
 Sloppy Joes
 or
 Ham & Cheese
 Craveable
Featured Veggies:
 Tatar Tots
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

20
 Chile
 Sandwich
 or
 Yogurt Craveable
Featured Veggies:
 Tatar Tots
 Lettuce & Tomato
 Choice of Fruit
 Choice of Milk

27
 Rotini Pasta
 with Meat sauce
 or
 Cheeseburger
Featured Veggies:
 Broccoli
 Tots
 Choice of Fruit
 Choice of Milk

Thursday

7
 Meatballs and Gravy
 over Rice
 or
 Tatar Tot Bowl
Featured Veggies:
 Rice
 Salad
 Choice of Fruit
 Choice of Milk

14
 Italian Grinder
 or
 Cheese Beef & Mac
 Garlic Bread Stick
Featured Veggies:
 Garden Salad
 Green Beans
 Choice of Fruit
 Choice of Milk

21
 Chicken Pot Pie
 with Biscuit
 or
 Mini Pancakes
 with Sausage
Featured Veggies:
 Red Peppers
 Romaine Salad
 Choice of Fruit
 Choice of Milk

28
 Chicken Parm
 Sandwich
 or
 Quesadilla
Featured Veggies:
 Rice
 Pepper Strips
 Choice of Fruit
 Choice of Milk

Friday

8
 Toasted Cheese
 Sandwich
 or
 Build your own
 Burger
Featured Veggies:
 Oven Fries
 Tomato Soup
 Choice of Fruit
 Choice of Milk

15
 Fish Sticks
 or
 Macaroni & Cheese
Featured Veggies:
 Fries
 Stewed Tomatoes
 Choice of Fruit
 Choice of Milk

22
 Stuffed Crust Pizza
 or
 Pierogies with Onions
Featured Veggies:
 Salad
 Peas
 Choice of Fruit
 Choice of Milk

1
 Chicken Alfredo
 or
 BBQ Ribby
Featured Veggies:
 Fries
 Garden Salad
 Choice of Fruit
 Choice of Milk