

# FEBRUARY 2019



**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** Wed 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**



**Avocado-do**

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

**General Manager**  
 Lou Kluck  
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# GREATER NANTICOKE AREA HIGH SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b>                      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>5</b>                      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>6</b>                      Spicy Chicken Patty Sandwich or Hot Dog Bar</p> <p><b>Featured Veggies:</b>                      Fries                      Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>7</b>                      Chicken Parmesan Sandwich or Italian Stromboli</p> <p><b>Featured Veggies:</b>                      Baby Carrots                      Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>8</b>                      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>11</b>                      Burger Bar or Chicken Nuggets Assorted Sauces</p> <p><b>Featured Veggies:</b>                      Oven Fries                      Carrots Sticks                      Choice of Fruit                      Choice of Milk</p>	<p><b>12</b>                      GNA Hoagie or Walking Taco</p> <p><b>Featured Veggies:</b>                      Sliced Cucumbers                      Rice                      Choice of Fruit                      Choice of Milk</p>	<p><b>13</b>                      Turkey Dinner or Grilled Meatball Sandwich</p> <p><b>Featured Veggies:</b>                      Steamed Carrots                      Garden Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>14</b>                      Jacked Up Fries or Salad Bar Asst Pizza</p> <p><b>Featured Veggies:</b>                      Grape Tomatoes                      Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>15</b>                      Chicken Bacon Ranch Wrap or Fish Sticks</p> <p><b>Featured Veggies:</b>                      Romaine Salad                      Fries                      Choice of Fruit                      Choice of Milk</p>
<p><b>18</b>                      Turkey Hoagie or Chicken Alfredo</p> <p><b>Featured Veggies:</b>                      Broccoli                      Fries                      Choice of Fruit                      Choice of Milk</p>	<p><b>19</b>                      TATAR TOT BOWL or Salad Bar Asst Pizza</p> <p><b>Featured Veggies:</b>                      Salad                      Celery Stick                      Choice of Fruit                      Choice of Milk</p>	<p><b>20</b>                      Buffalo Chicken Cheesesteak or Deli Bar</p> <p><b>Featured Veggies:</b>                      Fries                      Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>21</b>                      General Tso Chicken or Brunch for Lunch</p> <p><b>Featured Veggies:</b>                      Broccoli                      Home Fries                      Choice of Fruit                      Choice of Milk</p>	<p><b>22</b>                      Pierogies with Butter &amp; Onions or Cowboy Burger</p> <p><b>Featured Veggies:</b>                      Broccoli                      Red Pepper Strips                      Choice of Fruit                      Choice of Milk</p>
<p><b>25</b>                      Assorted Pizza 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>26</b>                      Chicken Quesadilla or Meatball Hoagie</p> <p><b>Featured Veggies:</b>                      Rice                      Fries                      Choice of Fruit                      Choice of Milk</p>	<p><b>27</b>                      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>28</b>                      Chicken Parm Sandwich or Shepard's Pie</p> <p><b>Featured Veggies:</b>                      Baby Carrots                      Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>29</b>                      Buffalo Chicken &amp; Cheese On Flat Bread or Rotini with Meat sauce</p> <p><b>Featured Veggies:</b>                      Garden Salad                      Green Beans                      Choice of Fruit                      Choice of Milk</p>