

**JUNE  
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**

**Monday**

**3**

Cheesesteak Hoagie  
or  
Pulled Pork Sandwich

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

**Tuesday**

**4**

Meatballs and Gravy over Rice  
or  
Soft Shell Taco

**Featured Veggies:**  
Rice  
Salad  
Choice of Fruit  
Choice of Milk

**Wednesday**

**5**

COOKS CHOICE

**Thursday**

**6**

COOKS CHOICE

**Friday**

**7**

COOKS CHOICE



**10**



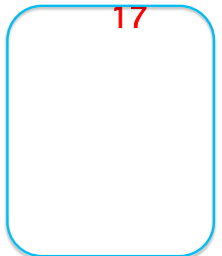
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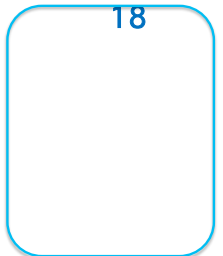
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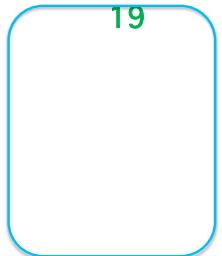
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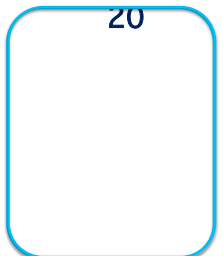
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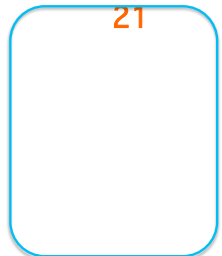
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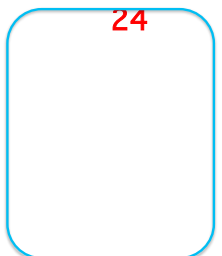
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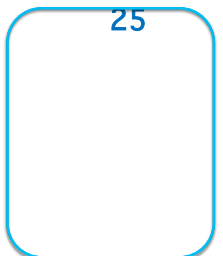
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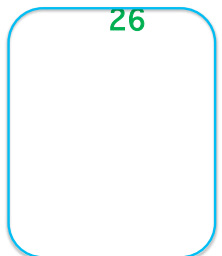
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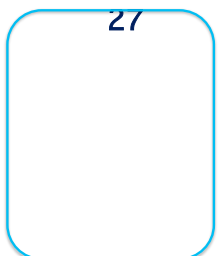
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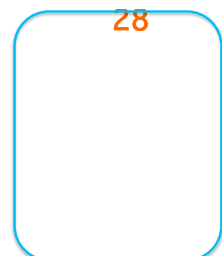
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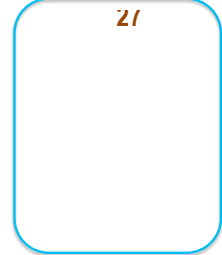
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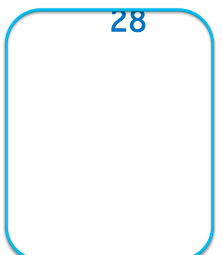
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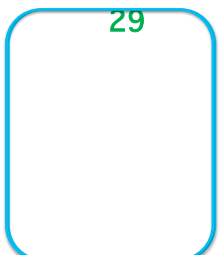
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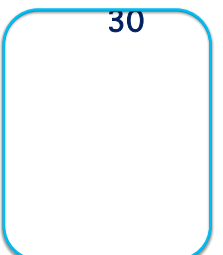
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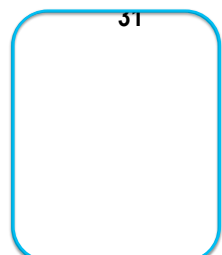
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**29**



**30**



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Lunch Prices  
Grades 3-5 \$2.20  
Grades 6-8 \$2.60  
Reduced \$.40  
Adult \$3.35

**General Manager**  
Lou Kluck  
**Phone Number**  
570-735-8534  
[ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)