

JUNE 2019



**GREATER NANTICOKE AREA
HIGH SCHOOL 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 Jamwich with String Cheese & Graham Snack
Daily Pizza Selections
Salad Bar Served Daily
Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese

MENU SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Meatball Sub</p> <p>or</p> <p>Cheeseburger</p> <p>Featured Veggies: Fries Salad Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Nacho Grande</p> <p>or</p> <p>Cheesesteak</p> <p>Featured Veggies: Sliced Cucumbers Rice Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Roast Chicken Dinner</p> <p>Macaroni & Cheese with Roll</p> <p>Featured Veggies: Mashed Potatoes Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>6</p> <p>COOKS CHOICE</p>	<p>7</p> <p>COOKS CHOICE</p>
<p>10</p> 	<p>11 12 13</p> 			<p>14</p> 
<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>	<p>21</p>
<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>

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

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