

MARCH 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

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:
 Tatar Tots
 Baked Beans
 Choice of Fruit
 Choice of Milk

Tuesday

5

Buffalo Chicken Dip
 with Flatbread
 or
 Hot Ham
 and cheese

Featured Veggies:
 Tossed Salad
 Choice of Fruit
 Choice of Milk

Wednesday

6

Cheesesteak Hoagie
 or
 Stuffed Crust Pizza

Featured Veggies:
 Fries
 Salad
 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

Friday

8

Toasted Cheese
 Sandwich
 or
 Build your own
 Burger

Featured Veggies:
 Oven Fries
 Tomato Soup
 Choice of Fruit
 Choice of Milk

11

Chicken Nuggets
 Assorted Sauces
 or
 Corn Dog

Featured Veggies:
 Fries
 Fresh Cucumber Slices
 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

13

Sloppy Joes
 or
 Ham & Cheese
 Craveable

Featured Veggies:
 Tatar Tots
 Green Pepper Strips
 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

15

Fish Sticks
 or
 Macaroni & Cheese

Featured Veggies:
 Fries
 Stewed Tomatoes
 Choice of Fruit
 Choice of Milk

18

Chicken Fajita
 or
 Ravioli

Featured Veggies:
 Green Beans
 Rice
 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

20

Chili
 or
 Yogurt Craveable

Featured Veggies:
 Rice
 Salad
 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

22

ACT 80 DAY

NO STUDENTS

25

General Tso
 Chicken
 or
 Hot Ham & Cheese
 on a Pretzel Bun

Featured Veggies:
 Rice
 Broccoli
 Choice of Fruit
 Choice of Milk

26

Sausage & Peppers
 Sub
 or
 Walking Taco

Featured Veggies:
 Steamed Carrots
 Salad
 Choice of Fruit
 Choice of Milk

27

Rotini Pasta
 with Meatsauce
 or
 Cheeseburger

Featured Veggies:
 Broccoli
 Tots
 Choice of Fruit
 Choice of Milk

28

Chicken Parm
 Sandwich
 or
 Quesadilla

Featured Veggies:
 Rice
 Pepper Strips
 Choice of Fruit
 Choice of Milk

29

Stuffed Crust Pizza
 or
 BBQ Ribby

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