

MARCH 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 Medl 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



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

General Manager
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Chicken Cordon Bleu Sandwich or Pork BBQ</p> <p>Featured Veggies: Tatar Tots Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>5 Hot Ham & Cheese on a Pretzel Bun or Chicken Enchiladas</p> <p>Featured Veggies: Rice Fries Choice of Fruit Choice of Milk</p>	<p>6 Roast Chicken Dinner Macaroni & Cheese</p> <p>Featured Veggies: Mashed Potatoes Stewed Tomatoes Choice of Fruit Choice of Milk</p>	<p>7 Chicken Parmesan Sandwich or Italian Stromboli</p> <p>Featured Veggies: Baby Carrots Salad Choice of Fruit Choice of Milk</p>	<p>8 Buffalo Chicken & Cheese On Flat Bread or Grilled Cheese</p> <p>Featured Veggies: Garden Salad Tomato Soup Choice of Fruit Choice of Milk</p>
<p>11 Grilled Meatball Sandwich or Chicken Nuggets Assorted Sauces</p> <p>Featured Veggies: Oven Fries Carrots Sticks Choice of Fruit Choice of Milk</p>	<p>12 GNA Hoagie or Walking Taco</p> <p>Featured Veggies: Sliced Cucumbers Rice Choice of Fruit Choice of Milk</p>	<p>13 Rotini With Meatsauce or Burger Bar</p> <p>Featured Veggies: Steamed Carrots Garden Salad Choice of Fruit Choice of Milk</p>	<p>14 Jacked Up Fries or Salad Bar Asst Pizza</p> <p>Featured Veggies: Grape Tomatoes Salad Choice of Fruit Choice of Milk</p>	<p>15 Chicken Bacon Ranch Wrap or Fish Sticks</p> <p>Featured Veggies: Romaine Salad Fries Choice of Fruit Choice of Milk</p>
<p>18 Turkey Hoagie or Pulled Pork Tacos</p> <p>Featured Veggies: Mexican Corn Fries Choice of Fruit Choice of Milk</p>	<p>19 TATAR TOT BOWL or Salad Bar Asst Pizza</p> <p>Featured Veggies: Salad Celery Stick Choice of Fruit Choice of Milk</p>	<p>20 Buffalo Chicken Cheesesteak or Deli Bar</p> <p>Featured Veggies: Fries Salad Choice of Fruit Choice of Milk</p>	<p>21 General Tso Chicken or Brunch for Lunch</p> <p>Featured Veggies: Broccoli Home Fries Choice of Fruit Choice of Milk</p>	<p>22 ACT 80 DAY NO STUDENTS</p>
<p>25 Assorted Pizza or Chicken Mash Potato Bowl with a Dinner Roll</p> <p>Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p>26 Chicken Quesadilla or Meatball Hoagie</p> <p>Featured Veggies: Rice Fries Choice of Fruit Choice of Milk</p>	<p>27 Pulled Pork Sandwich or Sausage & Pepper</p> <p>Featured Veggies: Curly Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>28 Cheesesteak Hoagie or Asain Noodle Bowl</p> <p>Featured Veggies: Broccoli Salad Choice of Fruit Choice of Milk</p>	<p>29 Pierogies with Butter & Onions or Cowboy Burger</p> <p>Featured Veggies: Baby Carrots Red Pepper Strips Choice of Fruit Choice of Milk</p>

MARCH IS NATIONAL NUTRITION MONTH