

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

General Manager
 Lou Kluck
Phone Number
 570-735-8534
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USDA is an equal opportunity provider and employer.

Monday



6

Chicken Nuggets
 Assorted Sauces
 or
 Corn Dog

Featured Veggies:
 Fries
 Fresh Cucumber Slices
 Choice of Fruit
 Choice of Milk

13

Hot Dog
 or
 Pulled Pork Sandwich

Featured Veggies:
 Tatar Tots
 Baked Beans
 Choice of Fruit
 Choice of Milk

20

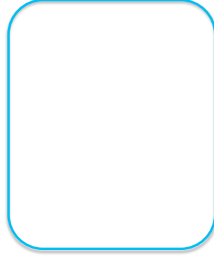
Chicken Mashed Potato
 Bowl
 or
 Hot Dogs

Featured Veggies:
 Baked Beans
 Corn
 Choice of Fruit
 Choice of Milk

21



Tuesday



7

Beef Taco
 on Soft Tortilla
 or
 Deli Bar

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

14

Nachos Grande
 Tortilla Chips
 or
 Meatball Sub

Featured Veggies:
 Fries
 Baby Carrots
 Choice of Fruit
 Choice of Milk

21

Sausage & Peppers
 Sub
 or
 Walking Taco

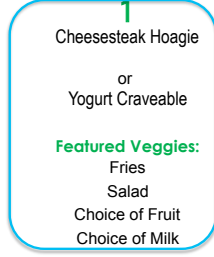
Featured Veggies:
 Steamed Carrots
 Salad
 Choice of Fruit
 Choice of Milk

28

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

Featured Veggies:
 Rice
 Broccoli
 Choice of Fruit
 Choice of Milk

Wednesday



1

Cheesesteak Hoagie
 or
 Yogurt Craveable

Featured Veggies:
 Fries
 Salad
 Choice of Fruit
 Choice of Milk

8

Sloppy Joes
 or
 Ham & Cheese
 Craveable

Featured Veggies:
 Tatar Tots
 Green Pepper Strips
 Choice of Fruit
 Choice of Milk

15

Chicken Fajita
 or
 Ravioli

Featured Veggies:
 Green Beans
 Rice
 Choice of Fruit
 Choice of Milk

22

Turkey Craveable
 or
 Cheeseburger

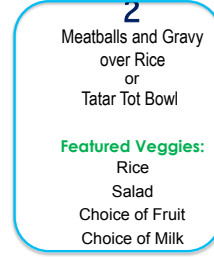
Featured Veggies:
 Broccoli
 Tots
 Choice of Fruit
 Choice of Milk

29

Buffalo Chicken Dip
 with Flatbread
 or
 Yogurt
 Craveable

Featured Veggies:
 Salad
 Red Peppers
 Choice of Fruit
 Choice of Milk

Thursday



2

Meatballs and Gravy
 over Rice
 or
 Tatar Tot Bowl

Featured Veggies:
 Rice
 Salad
 Choice of Fruit
 Choice of Milk

9

Italian Grinder
 or
 Cheese Beef & Mac
 Garlic Bread Stick

Featured Veggies:
 Garden Salad
 Green Beans
 Choice of Fruit
 Choice of Milk

16

Chicken Patty
 Sandwich
 or
 Mini Pancakes
 with Sausage

Featured Veggies:
 Red Peppers
 Romaine Salad
 Choice of Fruit
 Choice of Milk

23

Chicken Parm
 Sandwich
 or
 Quesadilla

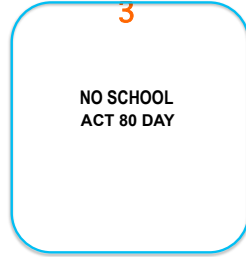
Featured Veggies:
 Rice
 Pepper Strips
 Choice of Fruit
 Choice of Milk

30

Chicken Alfredo
 or
 Cowboy Burger

Featured Veggies:
 Broccoli
 Salad
 Choice of Fruit
 Choice of Milk

Friday



3

**NO SCHOOL
ACT 80 DAY**

10

Pierogies with onions
 and Butter
 or
 Pizza

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

17

Toasted Cheese
 Sandwich
 or
 Build your own
 Burger

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

24

Stuffed Crust Pizza
 or
 BBQ Ribby

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

31

Pierogies
 or
 Chicken Fajita

Featured Veggies:
 Rice
 Baby Carrots
 Choice of Fruit
 Choice of Milk