

MAY 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



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

General Manager
 Lou Kluck
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USDA is an equal opportunity provider and employer.

Monday



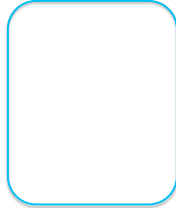
6
 Assorted Pizza & Grab & Go
 or
 Chicken Mash Potato Bowl with a Dinner Roll
Featured Veggies:
 Mashed Potatoes
 Steamed Corn
 Choice of Fruit
 Choice of Milk

13
 Hot Dog Bar
 or
 Chicken Nuggets
 Assorted Sauces
Featured Veggies:
 Oven Fries
 Carrots Sticks
 Choice of Fruit
 Choice of Milk

20
 Assorted Pizza & Grab & Go
 or
 Chicken Mash Potato Bowl with a Dinner Roll
Featured Veggies:
 Mashed Potatoes
 Steamed Corn
 Choice of Fruit
 Choice of Milk

27

Tuesday



7
 Nacho Grande
 or
 Italian Dunkers
Featured Veggies:
 Sliced Cucumbers
 Rice
 Choice of Fruit
 Choice of Milk

14
 TATAR TOT BOWL
 or
 Grab & Go
 Asst Pizza
Featured Veggies:
 Salad
 Celery Stick
 Choice of Fruit
 Choice of Milk

21
 Chicken Quesadilla
 or
 Meatball Hoagie
Featured Veggies:
 Rice
 Fries
 Choice of Fruit
 Choice of Milk

28
 Buffalo Chicken Cheesesteak
 or
 Sloppy Joe
Featured Veggies:
 Fries
 Salad
 Choice of Fruit
 Choice of Milk

Wednesday

1
 Roast Chicken Dinner
 Macaroni & Cheese with Roll
Featured Veggies:
 Mashed Potatoes
 Stewed Tomatoes
 Choice of Fruit
 Choice of Milk

8
 Rotini With Meatballs or Burger Bar
Featured Veggies:
 Steamed Carrots
 Garden Salad
 Choice of Fruit
 Choice of Milk

15
 Chicken Cordon Bleu Sandwich or Pork BBQ
Featured Veggies:
 Tatar Tots
 Cherry Tomatoes
 Choice of Fruit
 Choice of Milk

22
 Pulled Pork Sandwich or Sausage & Pepper
Featured Veggies:
 Curly Fries
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

29
 Hot Ham & Cheese on a Pretzel Bun or Beefaroni
Featured Veggies:
 Green Beans
 Tatar Tots
 Choice of Fruit
 Choice of Milk

Thursday

2
 Chicken Parmesan Sandwich or Italian Stromboli
Featured Veggies:
 Baby Carrots
 Salad
 Choice of Fruit
 Choice of Milk

9
 Jacked Up Fries
 or
 Grab n Gos
 Asst Pizza
Featured Veggies:
 Grape Tomatoes
 Salad
 Choice of Fruit
 Choice of Milk

16
 General Tso Chicken
 or
 Cheesesteak Hoagie
Featured Veggies:
 Broccoli
 Home Fries
 Choice of Fruit
 Choice of Milk

23
 Brunch for Lunch
 or
 Nachos
Featured Veggies:
 Home Fries
 Salad
 Choice of Fruit
 Choice of Milk

30
 Chicken Fajita
 or
 Ribby Sandwich
Featured Veggies:
 Rice
 Salad
 Choice of Fruit
 Choice of Milk

Friday

3
 NO SCHOOL
 ACT 80 DAY

10
 Spicy Chicken Patty
 or
 Pierogies with Butter & Onions
Featured Veggies:
 Romaine Salad
 Fries
 Choice of Fruit
 Choice of Milk

17
 Buffalo Chicken & Cheese On Flat Bread or Grilled Cheese
Featured Veggies:
 Garden Salad
 Tomato Soup
 Choice of Fruit

24
 Pasta Bar
 or
 Cowboy Burger
Featured Veggies:
 Baby Carrots
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

31
 Fish Sticks
 or
 Chicken Patty
Featured Veggies:
 Fries
 Pepper Strips
 Choice of Fruit
 Choice of Milk