

OCTOBER 2020



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



Lunch Prices
Paid \$2.20
Reduced \$.40
Adult \$3.35

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

Monday	Tuesday	Wednesday	Thursday	Friday
5 Jacked up Fries with Sauces or Hot Dogs Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	6 Cheeseburger or Tatar Tot Bowl Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	7 PICK UP GRAB & GO BREAKFAST & LUNCH	8 Jacked up Fries or Hot Dogs Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	9 Cheeseburger or Tatar Tot Bowl Featured Veggies: Oven Fries Stewed Tomatoes Choice of Fruit Choice of Milk
12  12 Toasted Cheese or Chicken Patty Sandwich Featured Veggies: Tomato Soup Side Salad Choice of Fruit Choice of Milk	13 Toasted Cheese or Chicken Patty Sandwich Featured Veggies: Tomato Soup Side Salad Choice of Fruit Choice of Milk	14 PICK UP GRAB & GO BREAKFAST & LUNCH	15 Egg sausage & Cheese Croissant or Chicken Fajita Featured Veggies: Hash Brown Sausage Rice Choice of Milk	16 Chicken Patty or Toasted Cheese Sandwich Featured Veggies: Tomato Soup Garden Salad Choice of Fruit Choice of Milk
19 Chicken Cheesesteak or Mini Pancakes with Sausage Featured Veggies: Green Beans Tots Choice of Fruit Choice of Milk	20 Stuffed Crust Pizza or Soft Taco Featured Veggies: Fries Baby Carrots Choice of Fruit Choice of Milk	21 PICK UP GRAB & GO BREAKFAST & LUNCH	22 Chicken Cheesesteak or Mini Pancakes with Sausage Featured Veggies: Red Peppers Romaine Salad Choice of Fruit Choice of Milk	23 Stuffed Crust Pizza or Soft Taco Featured Veggies: Baby Carrots Side Salad Choice of Fruit Choice of Milk
26 Meatball Sub or Quesadilla Featured Veggies: Side Salad Tots Choice of Fruit Choice of Milk	27 Pierogies or Nacho Grande Featured Veggies: Fries Cucumbers Choice of Fruit Choice of Milk	28 PICK UP GRAB & GO BREAKFAST & LUNCH	29 Meatball Sub or Quesadilla Featured Veggies: Side Salad Tots Choice of Fruit Choice of Milk	30 Pierogies or Nacho Grande Featured Veggies: Salad Carrots Choice of Milk Choice of Milk