

OCTOBER 2020



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
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 Sandwich with String Cheese & Graham Snack
Daily Pizza Selections
MENU SUBJECT TO CHANGE
Salad Bar Served Daily



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	Tuesday	Wednesday	Thursday	Friday
5 Asst Grab n Go Sandwichs and Salads or Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Tatar Tots Cherry Tomatoes Choice of Fruit Choice of Milk	6 Asst Grab n Go Sandwichs and Salads or Sloppy Joe Featured Veggies: Fries Cucumbers Choice of Fruit Choice of Milk	7 GRAB & GO BREAKFAST & LUNCH	8 Chicken Mash Potato Bowl with a Dinner Roll or Asst Grab n Go Sandwichs and Salads Featured Veggies: Fries Salad Choice of Fruit Choice of Milk	9 Sloppy Joe or Asst Grab n Go Sandwichs and Salads Featured Veggies: Garden Salad Broccoli Choice of Fruit Choice of Milk
12  	13 Jacked Up Fries or Asst Grab n Go Sandwichs and Salads Featured Veggies: Garden Salad Broccoli Choice of Fruit Choice of Milk	14 GRAB & GO BREAKFAST & LUNCH	15 Jacked Up Fries or Asst Grab n Go Sandwichs and Salads Featured Veggies: Grape Tomatoes Salad Choice of Fruit Choice of Milk	16 Asst Grab n Go Sandwichs and Salads or Buffalo Chicken Cheesesteak Featured Veggies: Salad Fries Choice of Fruit Choice of Milk
19 Buffalo Chicken Cheesesteak or Asst Grab n Go Sandwichs and Salads Featured Veggies: Mexican Corn Fries Choice of Fruit Choice of Milk	20 TATAR TOT BOWL or Asst Grab n Go Sandwichs and Salads Featured Veggies: Salad Celery Stick Choice of Fruit Choice of Milk	21 GRAB & GO BREAKFAST & LUNCH	22 BBQ Ribby Sandwich or Asst Grab n Go Sandwichs and Salads Featured Veggies: Broccoli Salad Choice of Fruit Choice of Milk	23 TATAR TOT BOWL or Asst Grab n Go Sandwichs and Salads Featured Veggies: Celery Stick Garden Salad Choice of Fruit Choice of Milk
26 Asst Grab n Go Sandwichs and Salads or Pulled Pork Featured Veggies: Curly Fries Red Pepper Strips Choice of Fruit Choice of Milk	27 Asst Grab n Go Sandwichs and Salads or Cowboy Burger Featured Veggies: Cucumbers Fries Choice of Fruit Choice of Milk	28 GRAB & GO BREAKFAST & LUNCH	29 Asst Grab n Go Sandwichs and Salads or Pulled Pork Featured Veggies: Broccoli Cheery Toatoes Choice of Fruit Choice of Milk	30 Asst Grab n Go Sandwichs and Salads or Cowboy Burger Featured Veggies: Baby Carrots Red Pepper Strips Choice of Fruit Choice of Milk