

**MAY
2024**



**GREATER NANTICOKE AREA
EDUCATION CENTER LUNCH MENU**

MONDAY

**Summer
time!**

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 and mandarin oranges



MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.



www.schoolcafe.com for online cafeteria payments

ADULT LUNCH: \$4.75

GENERAL MANAGER

Lou Kluck

PHONE NUMBER

570-735-8534

EMAIL: ma1002@metzcorp.com

USDA is an equal opportunity provider an employer.

<p>6</p> <p>Macaroni & Cheese or Cheesburger</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Chicken Burrito Bowl or Sloppy Joe</p> <p>Featured Veggies: Salad Beans Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Breakfast for Lunch or Hot dog</p> <p>Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p>2</p> <p>General Tso's Chicken or BBQ Ribby</p> <p>Featured Veggies: Salad Rice Choice of Fruit Choice of Milk</p>	<p>3</p> <p>FULL ACT 80 DAY NO STUDENTS</p>
<p>13</p> <p>Lasagna Rolls or Hamburger</p> <p>Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Nacho Grande or Meatball Sub</p> <p>Featured Veggies: Rice Salad Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Chicken Mashed Potato Bowl or Hotdog</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Buffalo Chicken Dip Flatbread or Chicken Patty</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Toasted Cheese or Cheesesteak</p> <p>Featured Veggies: Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p>20</p> <p>GNA Hoagie or BBQ Ribby</p> <p>Featured Veggies: Pepper strips Hot Veggie Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Soft Taco or Chicken Patty</p> <p>Featured Veggies: Rice Salad Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Chicken Alfredo w/ Breadstick or Cheeseburger</p> <p>Featured Veggies: Salad Broccoli Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Spaghetti w/ Meatsauce or Chicken Cheesesteak</p> <p>Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Pizza or Hotdog</p> <p>Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk</p>
<p>27</p> <p>NO SCHOOL MEMORIAL DAY</p>	<p>22</p> <p>Chicken Mashed Potato Bowl or Hotdog</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Fish Sticks or Corn Dogs</p> <p>Featured Veggies: Mac & Cheese Side Salad Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Pierogies or Meatball w/ Gravy over Rice</p> <p>Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk</p>	<p>25</p> <p>1/2 Day No Lunch</p>
<p>28</p> <p>COOKS CHOICE</p>	<p>29</p> <p>COOKS CHOICE</p>	<p>30</p> <p>1/2 Day No Lunch</p>	<p>31</p> <p>1/2 Day No Lunch</p>	<p>32</p> <p>1/2 Day No Lunch</p>