

**MAY  
2024**



**GREATER NANTICOKE AREA  
HIGH SCHOOL LUNCH MENU**

**MONDAY**



**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](http://www.schoolcafe.com) for online cafeteria payments

**ADULT LUNCH - \$4.75**

**GENERAL MANAGER**

Lou Kluck

**PHONE NUMBER**

570-735-8534

**EMAIL:** [ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

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**6**  
Meatballs w/ Gravy over Noodles  
or  
Hot Honey Grilled Chicken  
Sandwich  
**Featured Veggies:**  
Noodles  
Side Salad  
Choice of Fruit  
Choice of Milk

**7**  
Burrito Bowl  
or  
Chicken Patty  
**Featured Veggies:**  
Rice  
Hot Veggie  
Choice of Fruit  
Choice of Milk

**8**  
Chicken Mashed Potato Bowl  
or  
Pizza  
**Featured Veggies:**  
Corn  
Mashed Potato  
Choice of Fruit  
Choice of Milk

**9**  
Roast Chicken w/ Mashed Potatoes  
or  
Cheesesteak Hoagie  
**Featured Veggies:**  
Mashed Potato  
Side Salad  
Choice of Fruit  
Choice of Milk

**10**  
Fish Stick  
or  
Sloppy Joe  
**Featured Veggies:**  
Grape Tomatoes  
Side Salad  
Choice of Fruit  
Choice of Milk

**13**  
Chicken Parm w/ Pasta  
or  
Sausage & Peppers Hoagie  
**Featured Veggies:**  
Side Salad  
Hot Veggie  
Choice of Fruit  
Choice of Milk

**14**  
Soft Taco Bar  
or  
General Tso's Chicken  
**Featured Veggies:**  
Rice  
Hot Veggie  
Choice of Fruit  
Choice of Milk

**15**  
Beef or Chicken Gyro  
or  
Cowboy Burger  
**Featured Veggies:**  
Rice  
Side Salad  
Choice of Fruit  
Choice of Milk

**16**  
Buffalo Chicken Flatbread  
or  
Pierogies  
**Featured Veggies:**  
French Fries  
Side Salad  
Choice of Fruit  
Choice of Milk

**17**  
Jacked Up Fries  
or  
Grilled Cheese  
**Featured Veggies:**  
Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

**20**  
Brunch for Lunch  
or  
Pizza  
**Featured Veggies:**  
Salad  
Hashbrowns  
Choice of Fruit  
Choice of Milk

**21**  
Tater Tot Bowl  
or  
Pizza  
**Featured Veggies:**  
Rice  
Peas  
Choice of Fruit  
Choice of Milk

**22**  
Chicken Teriyaki  
or  
Burger Bar  
**Featured Veggies:**  
Corn  
Rice  
Choice of Fruit  
Choice of Milk

**23**  
Chicken Quesadillas  
or  
Hot Dog Bar  
**Featured Veggies:**  
Rice  
Peper Strips  
Choice of Fruit  
Choice of Milk

**24**  
Spaghetti & Meatsauce  
or  
Chicken Cheesesteak  
**Featured Veggies:**  
Salad  
Vegetable  
Choice of Fruit  
Choice of Milk

**27**  
**MEMORIAL DAY**  
★ REMEMBER AND HONOR ★

**28**  
COOKS CHOICE

**29**  
COOKS CHOICE

**30**  
NO LUNCH  
EARLY DISMISSAL

**31**  
NO LUNCH  
EARLY DISMISSAL

Consuming raw or undercooked meat, poultry, fish, shellfish, or eggs increases your risk of foodborne illness.