

NOVEMBER 2021



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

**MENU SUBJECT TO CHANGE
DEPENDING ON PRODUCT
AVAILABILITY**



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
1 Tatar Tot Bowl or Cheeseburg Featured Veggies: Rice Carrots Choice of Fruit Choice of Milk	2 Chicken Nuggets or Assorted Pizza Hot Dogs Featured Veggies: Buttered Noodles Baked Beans Choice of Fruit Choice of Milk	3 Breakfast for Lunch or Chicken Patty Featured Veggies: Hash Brown Sausage Link Choice of Fruit Choice of Milk	4 Penne with Meatballs or Assorted Pizza Chicken Cheesesteak Featured Veggies: Salad Corn Choice of Fruit Choice of Milk	5 Macaroni & Cheese or Meatball Sub Featured Veggies: Fries Stewed Tomatoes Choice of Fruit Choice of Milk
8 Meatballs & Gravy or Hot Ham & cheese Featured Veggies: Tots Noodles Choice of Fruit Choice of Milk	9 Soft Taco or Assorted Pizza Cheeseburger Featured Veggies: Tots Peas Choice of Fruit Choice of Milk	10 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Mashed Potato Corn Choice of Fruit Choice of Milk	11 VETERAN'S DAY	12 TEACHERS IN-SERVICE PARENT TEACHER CONFERENCE NO STUDENTS
15 Buffalo Chicken Dip or Cheeseburger Featured Veggies: Salad Tots Choice of Fruit Choice of Milk	16 Spaghetti & Meatballs or Assorted Pizza Cheesesteak Featured Veggies: Hot Veggie Rice sliced Cucumbers Choice of Milk	17 THANKSGIVING DINNER	18 Chicken Parm or Assorted Pizza Hot Dog Featured Veggies: Buttered Noodles Glazed Carrots Choice of Fruit Choice of Milk	19 Nachos Grande or Chicken Patty Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
22 Sloppy Joe or Assorted Pizza Cheeseburger Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	23 Chicken Fajitas or Tatar Tot Bowl Hot Dog Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	24 General Tso Chicken or Assorted Pizza Chicken Patty Featured Veggies: Fries Broccoli Choice of Fruit Choice of Milk	25 HAPPY THANKSGIVING	26 HAPPY THANKSGIVING
29 HAPPY THANKSGIVING				