

# NOVEMBER 2021



# 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

**MENUS SUBJECT TO CHANGE  
DEPENDENT OF PRODUCT AVAILABILITY**

## schoolcafé

ROCKIN'  
PURPLE  
CABBAGE



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

**General Manager**  
Lou Kluck

**Phone Number**  
570-735-8534  
[ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

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## Monday

4

Buffalo Chicken Dip

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Fries  
Carrots  
Choice of Fruit  
Choice of Milk

## Tuesday

2

Chicken Nuggets

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Fries  
Corn  
Choice of Fruit  
Choice of Milk

## Wednesday

3

Chicken Mashed  
Potato Bowl  
or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Mashed Potatoes  
Buttered Carrots  
Choice of Fruit  
Choice of Milk

## Thursday

4

Penne with  
Meatsauce  
or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

## Friday

5

Macaroni & Cheese

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Fries  
Stewed Tomatoes  
Choice of Fruit  
Choice of Milk

8

Meatballs & Gravy

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Buttered Noodles  
Peas  
Choice of Fruit  
Choice of Milk

9

Sloppy Joe

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Tots  
Peas  
Choice of Fruit  
Choice of Milk

10

BBQ Chicken Dinner

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Mashed Potato  
Corn  
Choice of Fruit  
Choice of Milk

11

VETERAN'S DAY

12

IN-SERVICE  
PARENT TEACHER  
CONFERENCES  
NO STUDENTS

15

Jacked Up Fries

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Salad  
Choice of Fruit  
Choice of Milk

16

Nacho Grande

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Hot Veggie  
Cucumbers  
sliced Cucumbers  
Choice of Milk

17

THANKSGIVING  
DINNER

18

Chicken Parm

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Buttered Noodles  
Glazed Carrots  
Choice of Fruit  
Choice of Milk

19

Pierogies

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Salad  
Tots  
Choice of Fruit  
Choice of Milk

22

Beefaroni

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Tots  
Salad  
Choice of Fruit  
Choice of Milk

23

Chicken Fajitas

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Rice  
Hot Veggie  
Choice of Fruit  
Choice of Milk

24

1/2 Day Students

25

HAPPY THANKSGIVING

26

HAPPY THANKSGIVING

HAPPY THANKSGIVING

Tatar Tot Bowl

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Fries  
Hot Vegetables  
Choice of Fruit  
Choice of Milk

Chicken Alfredo

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Fries  
Broccoli  
Choice of Fruit  
Choice of Milk

General Tso Chicken

or  
Daily Hot Sandwich  
Special

**Featured Veggies:**  
Rice  
Broccoli  
Choice of Fruit  
Choice of Milk