

**APRIL
2024**



**GREATER NANTICOKE AREA
EDUCATION CENTER LUNCH MENU**

MONDAY



1

TUESDAY

2

WEDNESDAY

3

THURSDAY

4

FRIDAY

5

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

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8

Macaroni & Cheese
or
Cheesburger

Featured Veggies:
Salad
Fries
Choice of Fruit
Choice of Milk

9

Chicken Burrito Bowl
or
Sloppy Joe

Featured Veggies:
Salad
Beans
Choice of Fruit
Choice of Milk

10

Chicken Mashed Potato Bowl
or
Hotdog

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

11

Buffalo Chicken Dip Flatbread
or
Cheeseburger

Featured Veggies:
Salad
Fries
Choice of Fruit
Choice of Milk

12

Toasted Cheese
or
Cheesesteak

Featured Veggies:
Fries
Tomato Soup
Choice of Fruit
Choice of Milk

15

Lasagna Rolls
or
Hamburger

Featured Veggies:
Salad
Hot Veggie
Choice of Fruit
Choice of Milk

16

Nacho Grande
or
Meatball Sub

Featured Veggies:
Rice
Salad
Choice of Fruit
Choice of Milk

17

Chicken Alfredo w/ Breadstick
or
Bosco Stick

Featured Veggies:
Salad
Broccoli
Choice of Fruit
Choice of Milk

18

Spaghetti w/ Meatsauce
or
Chicken Cheesesteak

Featured Veggies:
Pasta
Hot Veggie
Choice of Fruit
Choice of Milk

19

FULL ACT 80 DAY
NO STUDENTS

22

GNA Hoagie
or
Pork BBQ

Featured Veggies:
Pepper strips
Hot Veggie
Choice of Fruit
Choice of Milk

23

Soft Taco
or
Chicken Patty

Featured Veggies:
Rice
Salad
Choice of Fruit
Choice of Milk

24

Chicken Mashed Potato Bowl
or
Hotdog

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

25

Fish Sticks
or
Corn Dogs

Featured Veggies:
Mac & Cheese
Side Salad
Choice of Fruit
Choice of Milk

26

Pierogies
or
Meatball w/ Gravy
over Rice

Featured Veggies:
Rice
Side Salad
Choice of Fruit
Choice of Milk

29

Chicken Nuggets
or
Hot Dog

Featured Veggies:
Salad
Fries
Choice of Fruit
Choice of Milk

30

Tater Tot Bowl
or
Chicken Patty

Featured Veggies:
Salad
Beans
Choice of Fruit
Choice of Milk