

# Aug/Sept 2024



# 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 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>26</b></p> <p>TEACHERS</p> <p>IN-SERVICE NO STUDENTS</p>	<p><b>27</b></p> <p>TEACHERS</p> <p>IN-SERVICE NO STUDENTS</p>	<p><b>28</b></p> <p>Breakfast for Lunch or Hot dog</p> <p><b>Featured Veggies:</b> Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>General Tso's Chicken or BBQ Ribby</p> <p><b>Featured Veggies:</b> Salad Rice Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Pizza or Hotdog</p> <p><b>Featured Veggies:</b> Cucumber Side Salad Choice of Fruit Choice of Milk</p>
<p><b>2</b></p> 	<p><b>3</b></p> <p>Chicken Burrito Bowl or Cheeseburger</p> <p><b>Featured Veggies:</b> Salad Beans Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Chicken Mashed Potato Bowl or Hotdog</p> <p><b>Featured Veggies:</b> Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Buffalo Chicken Dip Flatbread or Chicken Patty</p> <p><b>Featured Veggies:</b> Salad Fries Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Toasted Cheese or Cheesesteak</p> <p><b>Featured Veggies:</b> Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p><b>9</b></p> <p>Lasagna Rolls or Hamburger</p> <p><b>Featured Veggies:</b> Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Nacho Grande or Meatball Sub</p> <p><b>Featured Veggies:</b> Rice Salad Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Chicken Alfredo w/ Breadstick or Cheeseburger</p> <p><b>Featured Veggies:</b> Salad Broccoli Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Spaghetti w/ Meatsauce or Chicken Cheesesteak</p> <p><b>Featured Veggies:</b> Pasta Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Pizza or Hotdog</p> <p><b>Featured Veggies:</b> Cucumber Side Salad Choice of Fruit Choice of Milk</p>
<p><b>16</b></p> <p>Chicken Nuggets or Cheesburger</p> <p><b>Featured Veggies:</b> Salad Fries Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Soft Taco or Chicken Patty</p> <p><b>Featured Veggies:</b> Rice Salad Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Chicken Mashed Potato Bowl or Hotdog</p> <p><b>Featured Veggies:</b> Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Fish Sticks or Pulled Pork</p> <p><b>Featured Veggies:</b> Mac &amp; Cheese Side Salad Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p>TEACHERSS</p> <p>IN-SERVICE NO STUDENTS</p>
<p><b>23</b></p> <p>Cheesesteak or Hot Dogs</p> <p><b>Featured Veggies:</b> Pepper strips Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Chicken Fajita or Cheeseburger</p> <p><b>Featured Veggies:</b> Salad Rice Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Corn Dogs or Sloppy Jo</p> <p><b>Featured Veggies:</b> Salad Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>GNA Hoagie or BBQ Ribby</p> <p><b>Featured Veggies:</b> Pepper strips Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Pierogies or Meatball w/ Gravy over Rice</p> <p><b>Featured Veggies:</b> Rice Side Salad Choice of Fruit Choice of Milk</p>