

DECEMBER 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



youTuber
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>2</p> <p>NO SCHOOL THANKSGIVING BREAK</p>	<p>3</p> <p>Chicken Quesadillas or Macaroni & Cheese</p> <p>Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Breakfast for Lunch or Hot dog</p> <p>Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p>5</p> <p>General Tso's Chicken or BBQ Ribby</p> <p>Featured Veggies: Salad Rice Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Pizza or Hotdog</p> <p>Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk</p>
<p>9</p> <p>Chicken Nuggets or Cheesburger</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Chicken Burrito Bowl or Sausage & Peppers</p> <p>Featured Veggies: Salad Beans Choice of Fruit Choice of Milk</p>	<p>11</p> <p>CHRISTMAS HOLIDAY</p> <p>DINNER</p>	<p>12</p> <p>Buffalo Chicken Dip Flatbread or Chicken Patty</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Toasted Cheese or Cheesesteak</p> <p>Featured Veggies: Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p>16</p> <p>Lasagna Rolls or Hamburger</p> <p>Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Nacho Grande or Meatball Sub</p> <p>Featured Veggies: Rice Salad Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Chicken Mashed Potato Bowl or Hotdog</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Spaghetti w/ Meatsauce or Chicken Cheesesteak</p> <p>Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk</p>	<p>20</p> <p>1/2 DAY NO LUNCHES</p>
<p>23</p> 	<p>24 25 26</p> 			<p>27</p> 