

DECEMBER 2024



GREATER NANTICOKE AREA HIGH SCHOOL LUNCH MENU

MONDAY

2

NO SCHOOL

THANKSGIVING BREAK

TUESDAY

3

Roast Chicken Dinner
or
Meatball Sub

Featured Veggies:
Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

WEDNESDAY

4

Chicken Nuggets
or
Burger Bar

Featured Veggies:
Salad
Pepper Strips
Choice of Fruit
Choice of Milk

THURSDAY

5

Jacked Up Fries
or
BBQ Ribby

Featured Veggies:
Salad
Broccoli
Choice of Fruit
Choice of Milk

FRIDAY

6

Pierogies
or
Sloppy Joe

Featured Veggies:
Grape Tomatoes
Side Salad
Choice of Fruit
Choice of Milk

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: mal102@metzcorp.com

USDA is an equal opportunity provider an employer.

9

Corn Dogs
or
Grilled Chicken Sandwich with
Bacon & Cheddar

Featured Veggies:
Side Salad
Sliced Cucumbers
Choice of Fruit
Choice of Milk

10

Burrito Bowl
or
Chicken Patty

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

11

CHRISTMAS HOLIDAY

DINNER

12

Chicken Alfredo
or
Cheesesteak Hoagie

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

13

Chicken Fajitas
or
Grilled Cheese
with Tomato Soup

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

16

Chicken Parm w/ Pasta
or
Sausage & Peppers Hoagie

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

17

Soft Taco Bar
or
General Tso's Chicken

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

18

Chicken Mashed Potato Bowl
or
Pizza

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

19

Buffalo Chicken Flatbread
or
Pizza

Featured Veggies:
French Fries
Side Salad
Choice of Fruit
Choice of Milk

20

1/2 DAY SCHOOL

NO LUNCHES

23



24



25

26

27



Consuming raw or undercooked meat, poultry, fish, shellfish, or eggs increases your risk of foodborne illness.