

FEBRUARY 2025



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>3 Lasagna Rolls or Hamburger</p> <p>Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>4 Chicken Burrito Bowl or BBQ Ribby</p> <p>Featured Veggies: Salad Beans Choice of Fruit Choice of Milk</p>	<p>5 Italian Dunkers or Hot Dog</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>	<p>6 Breakfast for Lunch or Hot dog</p> <p>Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p>7 Pizza or Hot dog</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>
<p>10 Chicken Nuggets or Cheesburger</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>11 Nacho Grande or Meatball Sub</p> <p>Featured Veggies: Rice Salad Choice of Fruit Choice of Milk</p>	<p>12 Chicken Mashed Potato Bowl or Hotdog</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>13 Buffalo Chicken Dip Flatbread or Chicken Patty</p> <p>Featured Veggies: Salad Fries Choice of Fruit Choice of Milk</p>	<p>14 Cheeseburger or Hot Dog</p> <p>Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk</p>
<p>17 </p>	<p>18 Soft Taco or Chicken Patty</p> <p>Featured Veggies: Rice Salad Choice of Fruit Choice of Milk</p>	<p>19 Chicken Alfredo w/ Breadstick or Chili with Rice</p> <p>Featured Veggies: Salad Broccoli Choice of Fruit Choice of Milk</p>	<p>20 Chicken Parm With Pasta or Chicken Cheesesteak</p> <p>Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk</p>	<p>21 Toasted Cheese or Cheesesteak</p> <p>Featured Veggies: Fries Tomato Soup Choice of Fruit Choice of Milk</p>
<p>24 General Tso Chicken or Hot Dogs</p> <p>Featured Veggies: Rice Broccoli Choice of Fruit Choice of Milk</p>	<p>25 Chicken Fajita or Cheeseburger</p> <p>Featured Veggies: Salad Rice Choice of Fruit Choice of Milk</p>	<p>26 Corn Dogs or Sloppy Jo</p> <p>Featured Veggies: Salad Tots Choice of Fruit Choice of Milk</p>	<p>27 GNA Hoagie or Hot Dogs</p> <p>Featured Veggies: Chips Side Salad Choice of Fruit Choice of Milk</p>	<p>28 Pierogies or Meatball w/ Gravy over Rice</p> <p>Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk</p>