

# FEBRUARY 2025



# GREATER NANTICOKE AREA HIGH SCHOOL 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](http://www.schoolcafe.com) for online cafeteria payments

**ADULT LUNCH - \$4.75**

### GENERAL MANAGER

Lou Kluck

**PHONE NUMBER**

570-735-8534

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## MONDAY

**3**

Chicken Parm w/ Pasta

or

BBQ Pulled Pork Sandwich

### Featured Veggies:

Side Salad  
Hot Veggie  
Choice of Fruit  
Choice of Milk

## TUESDAY

**4**

Tatar Tot  
Bowl  
or  
Pizza

### Featured Veggies:

Tots  
Hot Veggie  
Choice of Fruit  
Choice of Milk

## WEDNESDAY

**5**

Italian Dunkers  
with Marinara  
or  
Pizza

### Featured Veggies:

Salad  
Hot Veggie  
Choice of Fruit  
Choice of Milk

## THURSDAY

**6**

Chicken Nuggets  
or  
Burger Bar

### Featured Veggies:

Salad  
Pepper Strips  
Choice of Fruit  
Choice of Milk

## FRIDAY

**7**

Macaroni & Cheese Bar

or

Spicy Chicken Patty

### Featured Veggies:

Salad  
Baby Carrots  
Choice of Fruit  
Choice of Milk

**10**

Brunch for Lunch  
or  
Pizza

### Featured Veggies:

Salad  
Hashbrowns  
Choice of Fruit  
Choice of Milk

**11**

Soft Taco Bar  
or  
General Tso's Chicken

### Featured Veggies:

Rice  
Hot Veggie  
Choice of Fruit  
Choice of Milk

**12**

Chicken Mashed Potato Bowl  
or  
Pizza

### Featured Veggies:

Corn  
Mashed Potato  
Choice of Fruit  
Choice of Milk

**13**

Chicken Alfredo  
or  
Cheesesteak Hoagie

### Featured Veggies:

Broccoli  
Side Salad  
Choice of Fruit  
Choice of Milk

**14**

Corn Dogs  
or  
Fish Filet Sandwich

### Featured Veggies:

Salad  
Green Beans  
Choice of Fruit  
Choice of Milk

**17**

**President's Day**

**18**

Tater Tot Bowl  
or  
Pizza

### Featured Veggies:

Rice  
Peas  
Choice of Fruit  
Choice of Milk

**19**

Beef or Chicken Gyro  
or  
Cowboy Burger

### Featured Veggies:

Rice  
Side Salad  
Choice of Fruit  
Choice of Milk

**20**

Buffalo Chicken Flatbread  
or  
Pizza

### Featured Veggies:

French Fries  
Side Salad  
Choice of Fruit  
Choice of Milk

**21**

Grilled Cheese  
with Tomato Soup  
or  
Baked Potato Bar

### Featured Veggies:

Tomato Soup  
Side Salad  
Choice of Fruit  
Choice of Milk

**24**

Meatballs w/ Gravy over Noodles  
or  
Hot Honey Chicken  
Sandwich

### Featured Veggies:

Noodles  
Side Salad  
Choice of Fruit  
Choice of Milk

**25**

Nacho Grande  
or  
Mighty Mac Burger

### Featured Veggies:

Salad  
Pepper Strips  
Choice of Fruit  
Choice of Milk

**26**

Roast Chicken Dinner  
or  
Grilled Turkey & Cheddar  
Panini

### Featured Veggies:

Corn  
Mashed Potatoes  
Choice of Fruit  
Choice of Milk

**27**

Chicken Quesadillas  
or  
Pizza

### Featured Veggies:

Rice  
Peper Strips  
Choice of Fruit  
Choice of Milk

**28**

Spaghetti & Meatsauce  
or  
Chicken Cheesesteak

### Featured Veggies:

Salad  
Vegetable  
Choice of Fruit  
Choice of Milk

**30**

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