

JANUARY 2022



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, 100% fruit juices and mandarin oranges

MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY



BOK CHOY BOY!



Consuming raw or undercooked meat, poultry, fish shellfish or eggs increase your risk of food borne illness

Lunch Prices
Paid \$2.20
Reduced \$.40
Adult \$3.50

General Manager
Lou Kluck
Phone Number
570-735-8534
ml1102@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets or Cheeseburger Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	4 Hot Dog or Assorted Pizza Featured Veggies: Buttered Noodles Hot Veggie Choice of Fruit Choice of Milk	5 Breakfast for Lunch or Chicken Patty Featured Veggies: Hash Brown Sausage Link Choice of Fruit Choice of Milk	6 Penne with Meatsauce or Assorted Pizza Featured Veggies: Salad Corn Choice of Fruit Choice of Milk	7 Macaroni & Cheese or Cheesesteak Featured Veggies: Fries Stewed Tomatoes Choice of Fruit Choice of Milk
10 Meatballs & Gravy or Hot Ham & cheese Featured Veggies: Tots Noodles Choice of Fruit Choice of Milk	11 Soft Taco or Assorted Pizza Featured Veggies: Tots Peas Choice of Fruit Choice of Milk	12 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Mashed Potato Corn Choice of Fruit Choice of Milk	13 Chicken Alfredo or Assorted Pizza Featured Veggies: Salad Broccoli Choice of Fruit Choice of Milk	14 Tatar Tot Bowl or Cheeseburg Featured Veggies: Rice Carrots Choice of Fruit Choice of Milk
17 	18 Spaghetti Meatsauce or Assorted Pizza Featured Veggies: Hot Veggie Side Salad sliced Cucumbers Choice of Milk	19 Buffalo Chicken Dip or Cheeseburger Featured Veggies: Salad Tots Choice of Fruit Choice of Milk	20 BBQ Ribby or Assorted Pizza Featured Veggies: Glazed Carrots Choice of Fruit Choice of Milk	21 Nachos Grande or Chicken Patty Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
24 Sloppy Joe or Cheeseburger Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	25 Chicken Fajitas or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	26 General Tso Chicken or Pepperoni Potato Pizza Bake Featured Veggies: Fries Broccoli Choice of Fruit Choice of Milk	27 Chile with Rice or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	28 Pierogies or Hot Dog Featured Veggies: Salad Tots Choice of Fruit Choice of Milk