

JANUARY 2022



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, 100% fruit juices and mandarin oranges

MENUS SUBJECT TO CHANGE DEPENDENT OF PRODUCT AVAILABILITY



BOK CHOY BOY!



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness

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

General Manager
Lou Kluck
Phone Number
570-735-8534
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets or Daily Hot Sandwich Special Featured Veggies: Fries Corn Choice of Fruit Choice of Milk	4 Italian Dunkers or Daily Hot Sandwich Special Featured Veggies: Tots Side Salad Choice of Fruit Choice of Milk	5 BBQ Chicken Dinner or Daily Hot Sandwich Special Featured Veggies: Mashed Potato Hot Vegetable Choice of Fruit Choice of Milk	6 Penne with Meatsauce or Daily Hot Sandwich Special Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk	7 Macaroni & Cheese or Daily Hot Sandwich Special Featured Veggies: Fries Stewed Tomatoes Choice of Fruit Choice of Milk
10 Buffalo Chicken Dip or Daily Hot Sandwich Special Featured Veggies: Fries Carrots Choice of Fruit Choice of Milk	11 Sloppy Joe or Daily Hot Sandwich Special Featured Veggies: Tots Peas Choice of Fruit Choice of Milk	12 Chicken Mashed Potato Bowl or Daily Hot Sandwich Special Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	13 Tatar Tot Bowl or Daily Hot Sandwich Special Featured Veggies: Fries Hot Vegetables Choice of Fruit Choice of Milk	14 Chicken Alfredo or Daily Hot Sandwich Special Featured Veggies: Side Salad Broccoli Choice of Fruit Choice of Milk
17 	18 Nacho Grande or Daily Hot Sandwich Special Featured Veggies: Hot Veggie Cucumbers sliced Cucumbers Choice of Milk	19 Jacked Up Fries or Daily Hot Sandwich Special Featured Veggies: Salad Choice of Fruit Choice of Milk	20 Chicken Parm or Daily Hot Sandwich Special Featured Veggies: Buttered Noodles Glazed Carrots Choice of Fruit Choice of Milk	21 Pierogies or Daily Hot Sandwich Special Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
24 Pepperoni Potato Pizza Bake or Daily Hot Sandwich Special Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	25 Chicken Fajitas or Daily Hot Sandwich Special Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	26 General Tso Chicken or Daily Hot Sandwich Special Featured Veggies: Rice Broccoli Choice of Fruit Choice of Milk	27 Tatar Tot Bowl or Daily Hot Sandwich Special Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	28 Chile with Rice or Daily Hot Sandwich Special Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk