

MARCH 2023



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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6</p> <p>Chicken Nuggets</p> <p>or</p> <p>Hot Dog</p> <p>Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Soft Taco</p> <p>or</p> <p>Toasted Cheese</p> <p>Featured Veggies: Rice Tomato Soup Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Cheeseburger</p> <p>or</p> <p>Chicken Alfredo</p> <p>Featured Veggies: Fries Salad Choice of Fruit Choice of Milk</p>	<p>2</p> <p>General Tso Chicken or Bologna & Cheese Sandwich</p> <p>Featured Veggies: Salad Rice Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Assorted Pizza</p> <p>or</p> <p>BBQ Ribby</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>
<p>13</p> <p>Sloppy Joe</p> <p>or</p> <p>Cheeseburger</p> <p>Featured Veggies: Tots Salad Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Meatball With Gravy or Nachos Grande</p> <p>Featured Veggies: Hot Veggie Rice sliced Cucumbers Choice of Milk</p>	<p>8</p> <p>Chicken Mashed Potato Bowl or Hot Dog</p> <p>Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Ham Sandwich</p> <p>or</p> <p>Breakfast for Lunch</p> <p>Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Pierogies</p> <p>or</p> <p>Chicken Patty</p> <p>Featured Veggies: Tots Side Salad Choice of Fruit Choice of Milk</p>
<p>20</p> <p>Ravioli</p> <p>or</p> <p>Cheeseburger</p> <p>Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Chicken Fajitas</p> <p>or</p> <p>Italian Dunkers</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Buffalo Chicken Dip Flatbread or</p> <p>Meatball Sub</p> <p>Featured Veggies: Salad Tots Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Turkey & Cheese Sandwich or Chicken Parm with pasta</p> <p>Featured Veggies: Pasta Glazed Carrots Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Pizza</p> <p>or</p> <p>Hot Dog</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>
<p>27</p> <p>Chicken Patty</p> <p>or</p> <p>Hot Dog</p> <p>Featured Veggies: Fries Salad Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Corn Dogs</p> <p>or</p> <p>Tatar Tot Bowl</p> <p>Featured Veggies: Salad Beans Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Ravioli</p> <p>or</p> <p>Cheeseburger</p> <p>Featured Veggies: Fries Side Salad Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Cheesesteak</p> <p>or</p> <p>Pasta with Meat sauce</p> <p>Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk</p>	<p>24</p> <p>ACT 80 DAY</p> <p>NO STUDENTS</p>
<p>29</p> <p>Chicken Mashed Potato Bowl or Hot Dog</p> <p>Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Ham Sandwich</p> <p>or</p> <p>Breakfast for Lunch</p> <p>Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Fish Sticks With Mac & Cheese or Hot Dog</p> <p>Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk</p>		

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

Adult Lunch \$4.05
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