

MARCH 2023



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

schoolcafe



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

Adult Lunch \$4.05

General Manager

Lou Kluck

Phone Number

570-735-8534

ma1102@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Italian Dunkers or Daily Hot Sandwich Special Featured Veggies: Broccoli Side Salad Choice of Fruit Choice of Milk	2 Penne with Meat sauce or Daily Hot Sandwich Special Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk	3 Buffalo Chicken Flatbread or Daily Hot Sandwich Special Featured Veggies: Fries Side Salad Choice of Fruit Choice of Milk
6 Chicken Parm With Pasta or Daily Hot Sandwich Special Featured Veggies: Pasta Peas Choice of Fruit Choice of Milk	7 General Tso Chicken or Daily Hot Sandwich Special Featured Veggies: Rice Peas Choice of Fruit Choice of Milk	8 Chicken Mashed Potato Bowl or Daily Hot Sandwich Special Featured Veggies: Salad Mashed Potatoes Choice of Fruit Choice of Milk	9 Chicken Quesadilla or Daily Hot Sandwich Special Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk	10 Pierogies or Daily Hot Sandwich Special Featured Veggies: Grape Tomatoes Side Salad Choice of Fruit Choice of Milk
13 Chicken Nuggets or Daily Hot Sandwich Special Featured Veggies: Tots Pepper Strips Choice of Fruit Choice of Milk	14 Nacho Grande or Daily Hot Sandwich Special Featured Veggies: Hot Veggie Cucumbers sliced Cucumbers Choice of Milk	15 Brunch For Lunch or Daily Hot Sandwich Special Featured Veggies: Salad Hash Brown Choice of Fruit Choice of Milk	16 Jacked up Fries or Daily Hot Sandwich Special Featured Veggies: Fries Glazed Carrots Choice of Fruit Choice of Milk	17 Meatballs & Gravy or Daily Hot Sandwich Special Featured Veggies: Salad Noodles Choice of Fruit Choice of Milk
20 Asian Noodle Bowl or Daily Hot Sandwich Special Featured Veggies: Side Salad Hot Veggie Choice of Fruit Choice of Milk	21 Chicken Fajitas or Daily Hot Sandwich Special Featured Veggies: Rice Pepper Strips Choice of Fruit Choice of Milk	22 Fish Sticks or Daily Hot Sandwich Special Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	23 Tatar Tot Bowl or Daily Hot Sandwich Special Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	24 ACT 80 DAY NO STUDENTS
27 Burrito Bowl or Daily Hot Sandwich Special Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	28 Chicken Alfredo or Daily Hot Sandwich Special Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk	29 Chicken Mashed Potato Bowl or Daily Hot Sandwich Special Featured Veggies: Salad Mashed Potatoes Choice of Fruit Choice of Milk	30 Brunch For Lunch or Daily Hot Sandwich Special Featured Veggies: Salad Hash Browns Choice of Fruit Choice of Milk	31 Gyros with Tzatzki Sauce or Daily Hot Sandwich Special Featured Veggies: Side Salad Hot Veggie Choice of Fruit Choice of Milk