

# MARCH 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

**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,



**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

**EMAIL:** [ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

USDA is an equal opportunity provider an employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Chicken Parm w/ Pasta or BBQ Pulled Pork Sandwich</p> <p><b>Featured Veggies:</b> Side Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Tatar Tot Bowl or Pizza</p> <p><b>Featured Veggies:</b> Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Italian Dunkers with Marinara or Pizza</p> <p><b>Featured Veggies:</b> Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Chicken Nuggets or Macaroni &amp; Cheese Bar</p> <p><b>Featured Veggies:</b> Salad Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Burger Bar or Bangin Shrimp Tacos</p> <p><b>Featured Veggies:</b> Salad Baby Carrots Choice of Fruit Choice of Milk</p>
<p><b>10</b></p> <p>Brunch for Lunch or Pizza</p> <p><b>Featured Veggies:</b> Salad Hashbrowns Choice of Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Soft Taco Bar or General Tso's Chicken</p> <p><b>Featured Veggies:</b> Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Chicken Mashed Potato Bowl or Pizza</p> <p><b>Featured Veggies:</b> Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Chicken Alfredo or Cheesesteak Hoagie</p> <p><b>Featured Veggies:</b> Broccoli Side Salad Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Corn Dogs or Fish Sticks with Fries</p> <p><b>Featured Veggies:</b> Salad Green Beans Choice of Fruit Choice of Milk</p>
<p><b>17</b></p> <p>Beefaroni w/ Roll or Pork Taco</p> <p><b>Featured Veggies:</b> Rice Peas Choice of Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Jacked up Fries or Pizza</p> <p><b>Featured Veggies:</b> Rice Peas Choice of Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Beef or Chicken Gyro or Cowboy Burger</p> <p><b>Featured Veggies:</b> Rice Side Salad Choice of Fruit Choice of Milk</p>	<p><b>20</b></p> <p>Buffalo Chicken Flatbread or Pizza</p> <p><b>Featured Veggies:</b> French Fries Side Salad Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p>FULL ACT 80 DAY NO STUDENTS</p>
<p><b>24</b></p> <p>Meatballs w/ Gravy over Noodles or Buffalo Chicken Sandwich Sandwich</p> <p><b>Featured Veggies:</b> Noodles Side Salad Choice of Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Nacho Grande or Mighty Mac Burger</p> <p><b>Featured Veggies:</b> Salad Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Roast Chicken Dinner or Grilled Turkey &amp; Cheddar Panini</p> <p><b>Featured Veggies:</b> Corn Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Hot DogBar or Baked Potato Bar</p> <p><b>Featured Veggies:</b> Fries Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Pierogies or Chicken Cheesesteak</p> <p><b>Featured Veggies:</b> Salad Vegetable Choice of Fruit Choice of Milk</p>

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