

**MAY/JUNE
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**



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

Adult Lunch \$4.05
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
1 Chicken Nuggets or Hot Dog Featured Veggies: Fries Hot Veggie Choice of Fruit	2 Meatball With Gravy or Nachos Grande Featured Veggies: Hot Veggie Rice sliced Cucumbers Choice of Milk	3 Hot Dog or Beefaroni Featured Veggies: Vegetable Choice of Fruit Choice of Milk	4 General Tso Chicken or Bologna & Cheese Sandwich Featured Veggies: Salad Rice Choice of Fruit Choice of Milk	5 IN-SERVICE NO SCHOOL
8 Chicken Patty or Ravioli Featured Veggies: Tri Tatar Vegetable Choice of Fruit Choice of Milk	9 Soft Taco or Toasted Cheese Featured Veggies: Rice Tomato Soup Choice of Fruit Choice of Milk	10 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	11 Breakfast for Lunch or Ham Sandwich Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk	12 Pierogies or BBQ Ribby Featured Veggies: Tots Side Salad Choice of Fruit Choice of Milk
15 Sloppy Joe or Cheeseburger Featured Veggies: Fries Salad Choice of Fruit Choice of Milk	16 Corn Dogs or Tatar Tot Bowl Featured Veggies: Salad Beans Choice of Fruit Choice of Milk	17 Buffalo Chicken Dip Flatbread or Meatball Sub Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	18 Turkey & Cheese Sandwich or Chicken Parm with pasta Featured Veggies: Pasta Glazed Carrots Choice of Fruit Choice of Milk	19 Pizza or Hot Dog Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk
22 Pork BBQ or Chicken Alfredo Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk	23 Chicken Fajitas or Italian Dunkers Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	24 Sausage & Peppers or Cheeseburger Featured Veggies: Fries Side Salad Choice of Fruit Choice of Milk	25 Chicken Cheesesteak or Pasta with Meat sauce Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	26 Fish Sticks With Mac & Cheese or Hot Dog Featured Veggies: Salad Vegetable Choice of Fruit Choice of Milk
29 NO SCHOOL MEMORIAL DAY	30 COOKS CHOICE	31 COOKS CHOICE	1 COOKS CHOICE	2 COOKS CHOICE