

**MAY
2022**



**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



Positive Plantain

Consuming raw or undercooked meat, poultry, fish shellfish or eggs

increase your risk of food borne illness

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

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
2 Chicken Nuggets or Cheeseburger Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	3 Hot Dog or Assorted Pizza Featured Veggies: Buttered Noodles Hot Veggie Choice of Fruit Choice of Milk	4 Tatar Tot Bowl or Assorted Pizza Featured Veggies: Choice of Fruit Choice of Milk	5 Cheeseburg or Assorted Pizza Featured Veggies: Salad Corn Choice of Fruit Choice of Milk	6 IN- SERVICE NO SCHOOL SENIOR PROM
9 Meatballs & Gravy or Hot Ham & cheese Featured Veggies: Tots Noodles Choice of Fruit Choice of Milk	10 Soft Taco or Assorted Pizza Featured Veggies: Tots Peas Choice of Fruit Choice of Milk	11 Chicken Mashed Potato Bowl or Hot Dog Featured Veggies: Mashed Potato Corn Choice of Fruit Choice of Milk	12 Meatball Sub or Assorted Pizza Featured Veggies: Choice of Fruit Choice of Milk	13 Breakfast for Lunch or Toasted Cheese Featured Veggies: Hash Brown Sausage Link Choice of Fruit Choice of Milk
16 Beefaroni or Turkey & Cheese Sandwich Featured Veggies: Side Salad sliced Cucumbers Choice of Milk	17 Chicken Patty or Assorted Pizza Featured Veggies: Hot Veggie Side Salad sliced Cucumbers Choice of Milk	18 Buffalo Chicken Dip or Cheeseburger Featured Veggies: Salad Tots Choice of Fruit Choice of Milk	19 Hot Dog or Assorted Pizza Featured Veggies: Fries Glazed Carrots Choice of Fruit Choice of Milk	20 Nachos Grande or Macaroni & Cheese Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
23 Sloppy Joe or Cheeseburger Featured Veggies: Tots Salad Choice of Fruit Choice of Milk	24 Chicken Fajitas or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	25 General Tso Chicken or Meatball Sub Featured Veggies: Fries Broccoli Choice of Fruit Choice of Milk	26 Chicken Cheesesteak or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	27 Pasta with Meatsauce or Hot Dog Featured Veggies: Salad Tots Choice of Fruit Choice of Milk
30 	31 Cheeseburger or Assorted Pizza Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk			