

**MAY
2022**



**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, applesauce, pineapple, 100% fruit juices and mandarin oranges

MENUS SUBJECT TO CHANGE DEPENDENT OF PRODUCT AVAILABILITY



Positive Plantain

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

Student Lunch Prices
Paid \$2.20
Reduced \$4.40
Adult \$3.95

General Manager
Lou Kluck
Phone Number
570-735-8534
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets or Daily Hot Sandwich Special Featured Veggies: Fries Corn Choice of Fruit Choice of Milk	3 Italian Dunkers or Daily Hot Sandwich Special Featured Veggies: Tots Side Salad Choice of Fruit Choice of Milk	4 Jacked Up Fries or Daily Hot Sandwich Special Featured Veggies: Fries Hot Veggie Choice of Fruit Choice of Milk	5 Penne with Meatsauce or Daily Hot Sandwich Special Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk	6 IN SERVICE NO SCHOOL SENIOR PROM
9 Buffalo Chicken Dip or Daily Hot Sandwich Special Featured Veggies: Fries Carrots Choice of Fruit Choice of Milk	10 Sloppy Joe or Daily Hot Sandwich Special Featured Veggies: Tots Peas Choice of Fruit Choice of Milk	11 Chicken Mashed Potato Bowl or Daily Hot Sandwich Special Featured Veggies: Mashed Potatoes Corn Choice of Fruit Choice of Milk	12 Chicken Quesadilla or Daily Hot Sandwich Special Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk	13 Macaroni & Cheese or Daily Hot Sandwich Special Featured Veggies: Fries Stewed Tomatoes Choice of Fruit Choice of Milk
16 Asian Noodle Bowl or Daily Hot Sandwich Special Featured Veggies: Choice of Fruit Choice of Milk	17 Nacho Grande or Daily Hot Sandwich Special Featured Veggies: Hot Veggie Cucumbers sliced Cucumbers Choice of Milk	18 Jacked Up Fries or Daily Hot Sandwich Special Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	19 Chicken Parm or Daily Hot Sandwich Special Featured Veggies: Buttered Noodles Glazed Carrots Choice of Fruit Choice of Milk	20 Meatballs & Gravy or Daily Hot Sandwich Special Featured Veggies: Salad Noodles Choice of Fruit Choice of Milk
23 Cyclone Street Noodles or Daily Hot Sandwich Special Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	24 Chicken Fajitas or Daily Hot Sandwich Special Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk	25 General Tso Chicken or Daily Hot Sandwich Special Featured Veggies: Rice Broccoli Choice of Fruit Choice of Milk	26 Tatar Tot Bowl or Daily Hot Sandwich Special Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk	27 Gyros with Tzatzki Sauce or Daily Hot Sandwich Special Featured Veggies: Side Salad Hot Veggie Choice of Fruit Choice of Milk
30 memorial DAY	31 COOKS CHOICE or Daily Hot Sandwich Special Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk			