

**MAY/JUNE
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**



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

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken Parm With Pasta or Daily Hot Sandwich Special</p> <p>Featured Veggies: Pasta Peas Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Nacho Grande or Daily Hot Sandwich Special</p> <p>Featured Veggies: Hot Veggie Cucumbers Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Brunch for Lunch or Daily Hot Sandwich Special</p> <p>Featured Veggies: Sausage Hash brown Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Penne with Meat sauce or Daily Hot Sandwich Special</p> <p>Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>5</p> <p>NO SCHOOL IN-SERVICE</p>
<p>8</p> <p>Corn Dogs or Daily Hot Sandwich Special</p> <p>Featured Veggies: Baked Beans Salad Choice of Fruit Choice of Milk</p>	<p>9</p> <p>General Tso Chicken or Daily Hot Sandwich Special</p> <p>Featured Veggies: Rice Peas Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Chicken Mashed Potato Bowl or Daily Hot Sandwich Special</p> <p>Featured Veggies: Salad Mashed Potatoes Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Chicken Quesadilla or Daily Hot Sandwich Special</p> <p>Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Pierogies or Daily Hot Sandwich Special</p> <p>Featured Veggies: Grape Tomatoes Side Salad Choice of Fruit Choice of Milk</p>
<p>15</p> <p>Chicken Nuggets or Daily Hot Sandwich Special</p> <p>Featured Veggies: Fries Pepper Strips Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Burrito Bowl or Daily Hot Sandwich Special</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Brunch for Lunch or Daily Hot Sandwich Special</p> <p>Featured Veggies: Salad Hash Brown Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Jacked up Fries or Daily Hot Sandwich Special</p> <p>Featured Veggies: Fries Glazed Carrots Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Macaroni & Cheese or Daily Hot Sandwich Special</p> <p>Featured Veggies: Salad Noodles Choice of Fruit Choice of Milk</p>
<p>22</p> <p>Italian Dunkers or Daily Hot Sandwich Special</p> <p>Featured Veggies: Side Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Fajitas or Daily Hot Sandwich Special</p> <p>Featured Veggies: Rice Pepper Strips Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Fish Sticks or Daily Hot Sandwich Special</p> <p>Featured Veggies: Mac & Cheese Hot Veggie Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Tatar Tot Bowl or Daily Hot Sandwich Special</p> <p>Featured Veggies: Tots Hot Veggie Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Buffalo Chicken Flatbread or Daily Hot Sandwich Special</p> <p>Featured Veggies: Fries Side Salad Choice of Fruit Choice of Milk</p>
<p>29</p> <p>NO SCHOOL MEMORIAL DAY</p>	<p>30</p> <p>COOKS CHOICE</p>	<p>31</p> <p>COOKS CHOICE</p>	<p>1</p> <p>COOKS CHOICE</p>	<p>2</p> <p>COOKS CHOICE</p>