

FEBRUARY 2024



GREATER NANTICOKE AREA EDUCATION CENTER LUNCH MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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 and mandarin oranges



MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.



www.schoolcafe.com for online cafeteria payments

ADULT LUNCH: \$4.75

GENERAL MANAGER

Lou Kluck

PHONE NUMBER

570-735-8534

EMAIL: ma1073@metzcorp.com

USDA is an equal opportunity provider an employer.

happy Valentine's day

5

Chicken Nuggets or Hamburger

Featured Veggies: Salad, Fries, Choice of Fruit, Choice of Milk

6

Tater Tot Bowl or Sausage & Pepper Hoagie

Featured Veggies: Salad, Beans, Choice of Fruit, Choice of Milk

7

Chicken Mashed Potato Bowl or Hotdog

Featured Veggies: Corn, Mashed Potato, Choice of Fruit, Choice of Milk

1

General Tso's Chicken or Hamburger

Featured Veggies: Salad, Rice, Choice of Fruit, Choice of Milk

2

Pizza or Hotdog

Featured Veggies: Cucumber, Side Salad, Choice of Fruit, Choice of Milk

12

Italian Dunkers or Cheeseburger

Featured Veggies: Salad, Hot Veggie, Choice of Fruit, Choice of Milk

13

Chicken Fajitas or Meatball Sub

Featured Veggies: Rice, Salad, Choice of Fruit, Choice of Milk

14

Buffalo Chicken Dip Flatbread or Hamburger

Featured Veggies: Salad, Fries, Choice of Fruit, Choice of Milk

8

Breakfast for Lunch or Hotdog

Featured Veggies: Hash Brown, Side Salad, Choice of Fruit, Choice of Milk

9

Pierogies or Cheesesteak

Featured Veggies: Fries, Side Salad, Choice of Fruit, Choice of Milk

19

Soft Taco or Chicken Patty

Featured Veggies: Rice, Salad, Choice of Fruit, Choice of Milk

20

Chicken Alfredo w/ Breadstick or Cheesesteak

Featured Veggies: Salad, Broccoli, Choice of Fruit, Choice of Milk

21

Chili w/ Rice or Macaroni and Cheese

Featured Veggies: Salad, Rice, Choice of Fruit, Choice of Milk

15

Spaghetti w/ Meatsauce or Chicken Cheesesteak

Featured Veggies: Pasta, Hot Veggie, Choice of Fruit, Choice of Milk

16

Hotdog or Cheeseburger

Featured Veggies: Red Pepper Strips, Side Salad, Choice of Fruit, Choice of Milk

26

Lasagna Rolls or Pork BBQ

Featured Veggies: Salad, Hot Veggie, Choice of Fruit, Choice of Milk

27

Nacho Grande or Sloppy Joes

Featured Veggies: Tots, Salad, Choice of Fruit, Choice of Milk

28

Chicken Mashed Potato Bowl or Hotdog

Featured Veggies: Corn, Mashed Potato, Choice of Fruit, Choice of Milk

22

Meatballs w/ Gravy or Ham and Cheese Sandwich

Featured Veggies: Rice, Chips, Choice of Fruit, Choice of Milk

23

Toasted Cheese or Hotdog

Featured Veggies: Tomato Soup, Side Salad, Choice of Fruit, Choice of Milk

29

Meatballs w/ Gravy or Ham and Cheese Sandwich

Featured Veggies: Rice, Chips, Choice of Fruit, Choice of Milk

1

Pizza or Hotdog

Featured Veggies: Cucumbers, Salad, Choice of Fruit, Choice of Milk

29

Meatballs w/ Gravy or Ham and Cheese Sandwich

Featured Veggies: Rice, Chips, Choice of Fruit, Choice of Milk

1

Pizza or Hotdog

Featured Veggies: Cucumbers, Salad, Choice of Fruit, Choice of Milk

1

Pizza or Hotdog

Featured Veggies: Cucumbers, Salad, Choice of Fruit, Choice of Milk