

FEBRUARY 2024



GREATER NANTICOKE AREA HIGH SCHOOL 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.

<p>1</p> <p>Beefaroni or BBQ Ribby</p> <p>Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Jacked Up Fries or Burger Bar</p> <p>Featured Veggies: Salad Green Beans Choice of Fruit Choice of Milk</p>
<p>5</p> <p>Chicken Nuggets or Meatball Sub</p> <p>Featured Veggies: French Fries Pepper Strips Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Burrito Bowl or BBQ Pulled Pork Sandwich</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>
<p>12</p> <p>Italian Dunkers or Sausage & Peppers Hoagie</p> <p>Featured Veggies: Side Salad Hot Veggie Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Chicken Quesadillas or Chicken Patty</p> <p>Featured Veggies: Rice Pepper Strips Choice of Fruit Choice of Milk</p>
<p>19</p> <p>Presidents' DAY</p>	<p>20</p> <p>Tater Tot Bowl or Pizza</p> <p>Featured Veggies: Rice Peas Choice of Fruit Choice of Milk</p>
<p>26</p> <p>Chicken Parm w/ Pasta or Cheesesteak Hoagie</p> <p>Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Soft Taco Bar or Roast Chicken Dinner w/ Mash</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Chicken Mashed Potato Bowl or Pizza</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Roast Chicken w/ Mashed Potatoes or Cheesesteak Hoagie</p> <p>Featured Veggies: Mashed Potato Side Salad Choice of Fruit Choice of Milk</p>
<p>14</p> <p>Brunch for Lunch or Pizza</p> <p>Featured Veggies: Salad Hashbrowns Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Fish Stick or Sloppy Joe</p> <p>Featured Veggies: Grape Tomatoes Side Salad Choice of Fruit Choice of Milk</p>
<p>15</p> <p>Buffalo Chicken Flatbread or BBQ Ribby</p> <p>Featured Veggies: French Fries Side Salad Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Burger Bar or Spicy Chicken Patty</p> <p>Featured Veggies: French Fries Side Salad Choice of Fruit Choice of Milk</p>
<p>21</p> <p>Meatballs w/ Gravy over Noodles or Grilled Chicken Sandwich</p> <p>Featured Veggies: Noodles Side Salad Choice of Fruit Choice of Milk</p>	<p>22</p> <p>General Tso's Chicken or Bacon Burger</p> <p>Featured Veggies: Rice Peas Choice of Fruit Choice of Milk</p>
<p>28</p> <p>Chicken Mashed Potato Bowl or Pizza</p> <p>Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Pierogies or BBQ Pulled Pork Sandwich</p> <p>Featured Veggies: French Fries Peas Choice of Fruit Choice of Milk</p>
<p>29</p> <p>Beef or Chicken Gyro or Cowboy Burger</p> <p>Featured Veggies: Rice Hot Veggie Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Grilled Cheese or Hotdog</p> <p>Featured Veggies: Tomato Soup Hot Veggie Choice of Fruit Choice of Milk</p>

Consuming raw or undercooked meat, poultry, fish, shellfish, or eggs increases your risk of foodborne illness.