

OCTOBER 2024




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 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: ma1002@metzcorp.com

USDA is an equal opportunity provider an employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Chicken Nuggets or Cheesburger Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	1 Chicken Quesadillas or Macaroni & Cheese Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk	2 Breakfast for Lunch or Hot dog Featured Veggies: Hash Brown Side Salad Choice of Fruit Choice of Milk	3 General Tso's Chicken or BBQ Ribby Featured Veggies: Salad Rice Choice of Fruit Choice of Milk	4 Pizza or Hotdog Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk
7 Lasagna Rolls or Hamburger Featured Veggies: Salad Hot Veggie Choice of Fruit Choice of Milk	8 Chicken Burrito Bowl or Sausage & Peppers Featured Veggies: Salad Hot Veggie Beans Choice of Fruit Choice of Milk	9 Chicken Mashed Potato Bowl or Hotdog Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk	10 Buffalo Chicken Dip Flatbread or Chicken Patty Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	11 Toasted Cheese or Cheesesteak Featured Veggies: Fries Tomato Soup Choice of Fruit Choice of Milk
14 	15 Nacho Grande or Meatball Sub Featured Veggies: Rice Salad Choice of Fruit Choice of Milk	16 Chicken Alfredo w/ Breadstick or Cheeseburger Featured Veggies: Salad Broccoli Choice of Fruit Choice of Milk	17 Spaghetti w/ Meatsauce or Chicken Cheesesteak Featured Veggies: Pasta Hot Veggie Choice of Fruit Choice of Milk	18 Pizza or Hotdog Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk
21 Chicken Nuggets or Cheesburger Featured Veggies: Salad Fries Choice of Fruit Choice of Milk	22 Soft Taco or Chicken Patty Featured Veggies: Rice Salad Choice of Fruit Choice of Milk	23 Corn Dogs or Sloppy Jo Featured Veggies: Salad Tots Choice of Fruit Choice of Milk	24 GNA Hoagie or Pulled Pork Featured Veggies: Chips Side Salad Choice of Fruit Choice of Milk	25 Pierogies or Meatball w/ Gravy over Rice Featured Veggies: Rice Side Salad Choice of Fruit Choice of Milk
28 Cheesesteak or Hot Dogs Featured Veggies: Pepper strips Hot Veggie Choice of Fruit Choice of Milk	29 Chicken Fajita or Cheeseburger Featured Veggies: Salad Rice Choice of Fruit Choice of Milk	30 Chicken Mashed Potato Bowl or Hotdog Featured Veggies: Corn Mashed Potato Choice of Fruit Choice of Milk	31 NO LUNCH 1/2 DAY STUDENTS	1 Pizza or Hotdog Featured Veggies: Cucumber Side Salad Choice of Fruit Choice of Milk