

OCTOBER 2024



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 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: ma1102@metzcorp.com

USDA is an equal opportunity provider an employer.

MONDAY

30

Corn Dogs
or
Grilled Chicken Sandwich with
Bacon & Cheddar
Featured Veggies:
Side Salad
Sliced Cucumbers
Choice of Fruit
Choice of Milk

TUESDAY

1

Roast Chicken Dinner
or
Meatball Sub
Featured Veggies:
Mashed Potatoes
Green Beans
Choice of Fruit
Choice of Milk

WEDNESDAY

2

Chicken Nuggets
or
Burger Bar
Featured Veggies:
Salad
Pepper Strips
Choice of Fruit
Choice of Milk

THURSDAY

3

Jacked Up Fries
or
BBQ Ribby
Featured Veggies:
Salad
Broccoli
Choice of Fruit
Choice of Milk

FRIDAY

4

Macaroni & Cheese Bar
or
Spicy Chicken Patty
Featured Veggies:
Salad
Baby Carrots
Choice of Fruit
Choice of Milk

7

Chicken Parm w/ Pasta
or
Sausage & Peppers Hoagie

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

8

Burrito Bowl
or
Chicken Patty

Featured Veggies:
Rice
Hot Veggie
Choice of Fruit
Choice of Milk

9

Chicken Mashed Potato Bowl
or
Pizza

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

10

Chicken Alfredo
or
Cheesesteak Hoagie

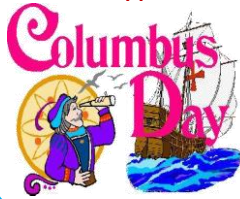
Featured Veggies:
Broccoli
Side Salad
Choice of Fruit
Choice of Milk

11

Pierogies
or
Sloppy Joe

Featured Veggies:
Grape Tomatoes
Side Salad
Choice of Fruit
Choice of Milk

14



Soft Taco Bar
or
General Tso's Chicken

Featured Veggies:
Rice
Hot Veggie
Choice of Fruit
Choice of Milk

15

Beef or Chicken Gyro
or
Cowboy Burger

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

17

Buffalo Chicken Flatbread
or
BBQ Pulled Pork Sandwich

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

18

Chicken Fajitas
or
Grilled Cheese
with Tomato Soup

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

21

Brunch for Lunch
or
Pizza

Featured Veggies:
Salad
Hashbrowns
Choice of Fruit
Choice of Milk

22

Tater Tot Bowl
or
Pizza

Featured Veggies:
Rice
Peas
Choice of Fruit
Choice of Milk

23

Chicken Teriyaki
or
Burger Bar

Featured Veggies:
Corn
Rice
Choice of Fruit
Choice of Milk

24

Chicken Quesadillas
or
Pizza

Featured Veggies:
Rice
Peper Strips
Choice of Fruit
Choice of Milk

25

Fish Filet Patty
or
Potato Bar

Featured Veggies:
Corn
Side Salad
Choice of Fruit
Choice of Milk

28

Meatballs w/ Gravy over Noodles
or
Hot Honey Chicken
Sandwich

Featured Veggies:
Noodles
Side Salad
Choice of Fruit
Choice of Milk

29

Nacho Grande
or
Mighty Mac Burger

Featured Veggies:
Salad
Pepper Strips
Choice of Fruit
Choice of Milk

30

Chicken Mashed Potato Bowl
or
Hot Dog

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

31

NO LUNCH
1/2 DAY STUDENTS

1

Spaghetti & Meatsauce
or
Chicken Cheesesteak

Featured Veggies:
Salad
Vegetable
Choice of Fruit
Choice of Milk

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