

# SEPTEMBER 2022



# 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**

**schoolcafé**



Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness

## Monday

5



12

Buffalo Chicken Dip

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Fries
- Carrots
- Choice of Fruit
- Choice of Milk

19

Asian Noodle Bowl

Daily Hot Sandwich Special

**Featured Veggies:**

- Choice of Fruit
- Choice of Milk

26

Cyclone Street Noodles

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Tots
- Hot Veggie
- Choice of Fruit
- Choice of Milk

## Tuesday

6

Chicken Nuggets

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Fries
- Corn
- Choice of Fruit
- Choice of Milk

13

Sloppy Joe

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Tots
- Peas
- Choice of Fruit
- Choice of Milk

20

Nacho Grande

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Hot Veggie
- Cucumbers
- sliced Cucumbers
- Choice of Milk

27

Chicken Fajitas

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Rice
- Hot Veggie
- Choice of Fruit
- Choice of Milk

## Wednesday

7

Jacked Up Fries

Daily Hot Sandwich Special

**Featured Veggies:**

- Fries
- Hot Veggie
- Choice of Fruit
- Choice of Milk

14

Chicken Mashed Potato Bowl

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Mashed Potatoes
- Corn
- Choice of Fruit
- Choice of Milk

21

Jacked Up Fries

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Salad
- Fries
- Choice of Fruit
- Choice of Milk

28

General tso Chicken

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Rice
- Broccoli
- Choice of Fruit
- Choice of Milk

## Thursday

8

Penne with Meatsauce

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Salad
- Green Beans
- Choice of Fruit
- Choice of Milk

15

Chicken Quesadilla

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Rice
- Side Salad
- Choice of Fruit
- Choice of Milk

22

Chicken Parm

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Buttered Noodles
- Glazed Carrots
- Choice of Fruit
- Choice of Milk

29

Tatar Tot Bowl

Daily Hot Sandwich Special

**Featured Veggies:**

- Tots
- Hot Veggie
- Choice of Fruit
- Choice of Milk

## Friday

9

Italian Dunkers

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Tots
- Side Salad
- Choice of Fruit
- Choice of Milk

16

Macaroni & Cheese

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Fries
- Stewed Tomatoes
- Choice of Fruit
- Choice of Milk

23

Meatballs & Gravy

or

Daily Hot Sandwich Special

**Featured Veggies:**

- Salad
- Noodles
- Choice of Fruit
- Choice of Milk

30

Gyros with Tzatzki Sauce

Daily Hot Sandwich Special

**Featured Veggies:**

- Side Salad
- Hot Veggie
- Choice of Fruit
- Choice of Milk

Adult Lunch \$4.05

**General Manager**  
Lou Kluck

**Phone Number**  
570-735-8534

[ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

USDA is an equal opportunity provider and employer.