MAY 2024

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 oranaes



MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.



www.schoolcafe.com for online cafeteria payments

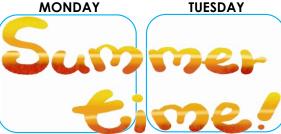
PHONE NUMBER

570-735-8534 EMAIL: ma1002@metzcorp.com



GREATER NANTICOKE AREA EDUCATION CENTER LUNCH MENU

MONDAY



WEDNESDAY

Breakfast for Lunch

Hot doa

Featured Veggies:

Hash Brown Side Salad Choice of Fruit Choice of Milk

THURSDAY

General Tso's Chicken

BBQ Ribby

Featured Veggies: Salad

Rice Choice of Fruit Choice of Milk

FRIDAY

FULL ACT 80 DAY NO STUDENTS

Macaroni & Cheese

Cheesburger

Featured Veggies:

Salad Fries Choice of Fruit Choice of Milk

13

Lasagna Rolls

or

Hamburger

Featured Veggies:

Salad

Hot Veggie

Choice of Fruit

Choice of Milk

20

GNA Hoagie

BBQ Ribby

Featured Veggies:

Pepper strips

Hot Veggie

Choice of Fruit

Choice of Milk

Chicken Buritto Bowl Sloppy Joe

Featured Veggies:

Salad Beans Choice of Fruit Choice of Milk

14

Nacho Grande

or

Meatball Sub

Featured Veggies:

Rice

Salad

Choice of Fruit

Choice of Milk

21

Soft Taco

Chicken Patty

Featured Veggies:

Rice

Salad

Choice of Fruit

Chicken Mashed Potato Bowl Hotdog

8

Featured Veggies:

Corn Mashed Potato Choice of Fruit Choice of Milk

Chicken Alfredo w/ Breadstick

Cheeseburger

Featured Veggies:

Salad

Broccoli

Choice of Fruit

Choice of Milk

22

Chicken Mashed Potato Bowl

Hotdog

Featured Veggies:

Corn

Mashed Potato

Choice of Fruit

Buffalo Chicken Dip Flatbread Chicken Patty

Featured Veggies:

Salad Fries Choice of Fruit Choice of Milk 10

Toasted Cheese Cheesesteak

Featured Veggies:

Fries Tomato Soup Choice of Fruit Choice of Milk

16

Spaghetti w/ Meatsauce Chicken Cheesesteak

Featured Veggies: Pasta

Hot Veggie Choice of Fruit Choice of Milk

17 Pizza

Hotdog

Featured Veggies:

Cucumber Side Salad Choice of Fruit Choice of Milk

23

Fish Sticks or Corn Dogs

Featured Veggies:

Mac & Cheese Side Salad Choice of Fruit Choice of Milk

Pierogies

Meatball w/ Gravy over Rice

Featured Veggies:

Rice Side Salad Choice of Fruit Choice of Milk

31

1/2 Day No Lunch

27

NO SCHOOL MEMORIAL DAY Choice of Milk 28

COOKS CHOICE

Choice of Milk 29

COOKS CHOICE

1/2 Day No Lunch

30

ADULT LUNCH: \$4.75

GENERAL MANAGER

Lou Kluck

USDA is an equal opportunity provider an employer.