

February-March 2023



High School Lunch

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price.

A 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

Weekly Vegetable Subgroups

May Include:

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:

- Oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

- Daily entrée options may include:
- Cheese Burger on a Bun
 - Chicken Patty on a Bun
 - Cheese or Pepperoni Pizza
 - Specialty Pizza

Chef Fresh

- Assorted Salads, Sandwiches, Wraps and Hoagies available as grab and go options.

To add funds to your child's account, please visit:
SCHOOLCAFE.COM

****Menu subject to change due to product availability****

Lunch Prices
Student \$2.80
Reduced \$.40
Adult \$3.60

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Tracy Drank
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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2/13/23 Cheese Filled Breadsticks with Marinara Featured Veggies: Mixed Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/14/23 Sesame Chicken over Rice Featured Veggies: Oriental Blend Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/15/23 Meatball Hoagie Featured Veggies: Steamed Peas Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/16/23 Chicken Fingers with Biscuits & Gravy Featured Veggies: Steamed Carrots Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/17/23 Act 80 Day
2/20/23 Presidents' Day No School	2/21/23 Teacher In-Service No School	2/22/23 Ash Wednesday Pierogies with Pretzel Stick Featured Veggies: Steamed Green Beans Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/23/23 Breakfast for Lunch Sausage, Egg and Cheese Sandwich Featured Veggies: Tater Tots Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/24/23 Cheese Ravioli Garlic Breadstick Featured Veggies: Mixed Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk
2/27/23 Mashed Potato Bowl Featured Veggies: Steamed Broccoli Choice of Fresh Vegetable Choice of Fruit Choice of Milk	2/28/23 Walking Tacos with Tortilla Chips Featured Veggies: Seasoned Corn Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/1/23 Chicken Alfredo over Pasta Featured Veggies: Steamed Peas Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/2/23 BBQ Rib Sandwich on a Club Roll Featured Veggies: Steamed Green Beans Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/3/23 Macaroni & Cheese Featured Veggies: Seasoned Corn Choice of Fresh Vegetable Choice of Fruit Choice of Milk
3/6/23 General Tso's Chicken over Rice Featured Veggies: Oriental Blend Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/7/23 Beef or Chicken Cheesesteak Featured Veggies: Steamed Carrots Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/8/23 Breakfast for Lunch French Toast, Sausage & Eggs Featured Veggies: Hash Browns Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/9/23 Pierogies with Pretzel Stick Featured Veggies: Mixed Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/10/23 Cheese Filled Breadsticks with Marinara Featured Veggies: Steamed Broccoli Choice of Fresh Vegetable Choice of Fruit Choice of Milk
3/13/23 Macaroni & Cheese Featured Veggies: Steamed Peas Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/14/23 Chicken Fingers with Biscuits & Gravy Featured Veggies: Seasoned Corn Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/15/23 Pasta with Meatballs in Tomato Sauce Featured Veggies: Steamed Green Beans Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/16/23 Walking Tacos with Tortilla Chips Featured Veggies: Steamed Carrots Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/17/23 Act 80 Day
3/20/23 Cheese Filled Breadsticks with Marinara Featured Veggies: Mixed Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/21/23 Mashed Potato Bowl Featured Veggies: Seasoned Corn Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/22/23 Pierogie Casserole Featured Veggies: Steamed Broccoli Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/23/23 Sesame Chicken Over Rice Featured Veggies: Oriental Blend Vegetables Choice of Fresh Vegetable Choice of Fruit Choice of Milk	3/24/23 Texas Toast Grilled Cheese & Tomato Soup Featured Veggies: Seasoned Corn Choice of Fresh Vegetable Choice of Fruit Choice of Milk