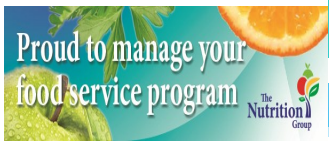


# NEB High School Lunch Menu 9.27 to 10.29.21



Food Service Director: Alice Bennett, R.D.  
 abennett@nebpanthers.com, 570-744-2521 ext. 2241



Peanut Butter & Jelly Sandwich is offered daily along with one or all of these items: Assorted Wraps & Hoagies, Assorted Chef Salads with Sliced Bread.

All Entrees include your choice of Fruits, vegetables and milk as part of a reimbursable meal!

**MEALS ARE FREE**  
**For all students!**

*Take three or more of the five offered lunch items, with one being a fruit or vegetable, for free every day!*



THE NUTRITION GROUP

We serve Fresh Produce from Local Farms based on crop availability.



**MENUS SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9.27</b> Meatball Hoagie Green Beans Diced Pears	<b>9.28</b> Beefy Nachos Chicken Nachos Golden Corn Pineapple Tidbits	<b>9.29</b> Macaroni & Cheese With Bread Slice Steamed Peas Mandarin Oranges	<b>9.30</b> PASTA BAR! Pasta with Meat Sauce, Marinara or Chicken Alfredo Sauce Garlic Bread Broccoli Cuts Mixed Fruit	<b>10.1</b> Rib Patty on a Bun Potato Wedges Chilled Peaches
<b>10.4</b> Plain or Cheeseburger on a Bun French Fries Applesauce	<b>10.5</b> Beefy Nachos Chicken Nachos Whole Kernel Corn Mixed Fruit	<b>10.6</b> Corndog Minis Carrot Coins Diced Pears <b>Early Dismissal</b>	<b>10.7</b> PASTA BAR! Pasta With Meat Sauce, Marinara or Chicken Alfredo Sauce Garlic Bread Broccoli Cuts Peaches	<b>10.8</b> Chicken Parmesan With Garlic Breadstick Green Beans Pineapple Tidbits
<b>10.11</b> <b>NO SCHOOL!</b>	<b>10.12</b> Beefy Nachos Chicken Nachos Golden Corn Mandarin Oranges	<b>10.13</b> Popcorn Chicken Bowl with Bread Slice Mashed Potatoes Pineapple Tidbits	<b>10.14</b> PASTA BAR! Pasta With Meat Sauce, Marinara or Chicken Alfredo Sauce Garlic Bread Broccoli Cuts Mixed Fruit	<b>10.15</b> Ham & Cheese Melt On a Bun Tomato Soup Mixed Vegetables Applesauce
<b>10.18</b> Lasagna Rollup with Marinara and Garlic Breadstick Green Beans Peaches	<b>10.19</b> Beefy Nachos Chicken Nachos Whole Kernel Corn Applesauce	<b>10.20</b> <b>Recipe of the Month!</b> <b>Sweet &amp; Spicy Chicken Bowl With Rice</b> Mixed Vegetables Pineapple Tidbits	<b>10.21</b> PASTA BAR! Pasta with Meat Sauce, Marinara or Chicken Alfredo Sauce Garlic Bread Broccoli Cuts Pears	<b>10.22</b> Hotdog Bar—Plain, Chili, Chili Cheese! French Fries Mixed Fruit
<b>10.25</b> French Toast Sticks With Sausages Tater Tots Cinnamon Applesauce	<b>10.26</b> Beefy Nachos Chicken Nachos Whole Kernel Corn Chilled Peaches	<b>10.27</b> General Tso Chicken Bowl with Rice Carrot Coins Pineapple Tidbits	<b>10.28</b> PASTA BAR! Pasta with Meat Sauce, Marinara or Chicken Alfredo Sauce Garlic Bread Broccoli Cuts Mixed Fruit	<b>10.29</b> Ham Sandwich Stuffer Mixed Vegetables Mandarin Oranges 
Chicken Patty/Bun	Chicken Patty/Bun	Pizza	Chicken Patty/Bun	Pizza



- MONDAY:** Cucumber Slices
- TUESDAY:** Legume Salad
- WEDNESDAY:** Broccoli
- THURSDAY:** Tossed Salad
- FRIDAY:** Baby Carrots

\*Must take at least one 1/2 cup of fruit or vegetable with each reimbursable meal.

- \*Fresh Vegetables may include:** Broccoli, Baby Carrots, Dark Leafy Greens, Legume Salads, Celery, Cucumber, And more!
- \*Fruits may include:** Apple, Peaches, Mixed Fruit, Oranges, Bananas, Pineapple, Pears, Berries, Applesauce, Raisins



- Milk Choices:**  
 1% White,  
 Non-fat White,  
 and 1% Flavored.

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

9.23.21