

APRIL 2019



GREATER NANTICOKE AREA HIGH SCHOOL BREAKFAST MENU

WHAT IS A BREAKFAST MENU

You must choose at least 3 of the 4 components available for the school breakfast price

Choice of: Grain or grain/protein
Choice of fruit or vegetable
(must take at least 1/2 cup)

and
Choice of Milk- 1% white, fat-free white, chocolate, vanilla and strawberry

NOTE: You must take at least 1/2 cup of fruit or vegetable

Fruit may include:

Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit, selection including apples, bananas, and oranges

Whole grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Kix
- Cheerios
- Fruit Loops
- Frosted Flakes

***MENU SUBJECT TO CHANGE**

Breakfast Prices
Student \$1.55
Reduced \$.40
Adult \$2.35

General Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pop Tarts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>2 Donuts</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>3 Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>4 Fresh Blueberry Pancakes</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>5 Banana Bread</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>
NATIONAL SCHOOL BREAKFAST WEEK MARCH 4TH THRU 8TH				
<p>8 Pancake on a Stick</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>9 Dutch Waffle with syrup</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>10 Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>11 French Toast</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>12 Yogurt with Graham Crackers</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>
<p>15 Cinnamon Roll</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>16 Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>17 Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>18 Mini Pancake with Sausage</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>19 </p>
<p>22 NO SCHOOL EASTER BREAK</p>	<p>23 Assorted Muffins</p> <p>or</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>24 Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>25 French Toast Sticks</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>26 Mini Waffles</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>
<p>29 Dutch Waffle</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>	<p>30 Breakfast Bowl</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh & Canned Fruit</p> <p>Choice of Milk</p>			