

**AUG/ SEPT 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**

Lou Kluck

**Phone Number**  
570-735-8534

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

USDA is an equal opportunity provider and employer.

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
TEACHERS IN-SERVICE NO STUDENT	TEACHERS IN-SERVICE NO STUDENT	Donuts  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	Breakfast Sandwich  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	Banana Bread  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
2 	3 Pop Tarts  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	4 Breakfast Sandwich  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	5 French Toast  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	6 Yogurt with Graham Crackers or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
9 Cinnamon Roll  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	10 Cereal Bar  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	11 Breakfast Sandwich  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	12 Mini Pancake with Sausage or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	13 Dutch Waffle with syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
16 Assorted Muffins  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	17 Scrambled Eggs  or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	18 Breakfast Sandwich  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	19 Donuts  Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	20 Mini Waffles  Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
23 Pop Tarts  or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	24 Pancake on a Stick  Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	25 Breakfast Bowl  Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	26 Fresh Blueberry Pancakes or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	27 French Toast Sticks  Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk