



GREATER NANTICOKE AREA EDUCATION CENTER 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 \$.30

Adult \$2.35

General Manager

Lou Kluck

Phone Number

570-735-8534

Email

ma1102@metzcorp.com

Monday

4

Yogurt

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

11

Dutch Waffle

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

18

Cereal Bar

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

25

Pancake
on a stick

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

Tuesday

5

Assorted Breakfast
Breads

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

12

Scrambled Eggs
with Toast

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

19

Pop Tarts

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

26

Banana Bread

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

Wednesday

6

Asst Cereal Bars

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

13

Breakfast Sandwich

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

20

French Toast Sticks

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

27

Breakfast Sandwich

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

Thursday

7

French Toast Sticks

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

14

Apple Frudel

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

21

Donuts

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

28

Pancakes

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

Friday

8

Donuts

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

15

Assorted Muffins

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

22

Yogurt
with Graham Cracker

or
Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk

1

Cherry Frudel

Assorted Cereals
with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh &
Canned Fruit
Choice of Milk