

FEBRUARY 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

4
Pop Tarts
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

11
Pancake on a Stick
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

18
Pop Tarts
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

25
Dutch Waffle
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

Tuesday

5
Breakfast Pizza
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

12
Dutch Waffle with syrup
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

19
Cereal Bar
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

26
Assorted Muffins
or
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

Wednesday

6
Breakfast Sandwich
or
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
Breakfast Sandwich
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
Donuts
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

14
French Toast
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

21
Mini Pancake with Sausage
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

28
French Toast Sticks
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

Friday

8
Banana Bread
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

15
Yogurt with Graham Crackers
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

22
Scrambled Eggs with Toast
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

1
Mini Waffles
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk