

JANUARY 2019



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

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Happy New Year</i>	1	2	3	4
		Asst Cereal Bars	Assorted Muffin	Donuts
		Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
		Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
		or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit
		Choice of Milk	Choice of Milk	Choice of Milk
7	8	9	10	11
Dutch Waffle	Scrambled Eggs with Toast	Breakfast Sandwich	Apple Frudel	Assorted Muffins
or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
14	15	16	17	18
	Pop Tarts	French Toast Sticks	Donuts	Yogurt with Graham Cracker
	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast	or Assorted Cereals with Toast
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
21	22	23	24	25
<i>Martin Luther King "I have a dream"</i>	Banana Bread	Breakfast Sandwich	Pancakes	Yogurt with Graham Cracker
	Assorted Cereals with Toast	or Assorted Cereals with Toast	Assorted Cereals with Toast	Assorted Cereals with Toast
	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit
	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
28	29	30	31	1
Asst Muffins	Donuts	Pancake on a Stjick	Pop Tart	French Toast Sticks
Assorted Cereals with Toast	Assorted Cereals with Toast	Assorted Cereals with Toast	Assorted Cereals with Toast	Assorted Cereals with Toast
Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice	Assorted 100% Fruit Juice
or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit	or Assorted Fresh & Canned Fruit
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk