

JANUARY 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

USDA is an equal opportunity provider and employer.

Monday



Tuesday

Wednesday

Thursday

Friday

7
Pancake on a Stick
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

8
Dutch Waffle with syrup
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

9
Breakfast Sandwich
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

10
French Toast
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

11
Yogurt with Graham Crackers
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

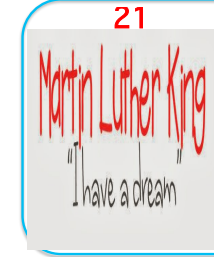
14
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

15
Scrambled Eggs with Toast
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

16
Breakfast Sandwich
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

17
Mini Pancake with Sausage
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



22
Assorted Muffins
or
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

23
Breakfast Sandwich
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

24
French Toast Sticks
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

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

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

29
Donut
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

30
Breakfast Sandwich
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

31
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk