

June  
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**

**Monday**

**3**

Cereal Bar

or

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

**Tuesday**

**4**

Pop Tarts

or

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

**Wednesday**

**5**

Asst Cereal Bars

or

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

**Thursday**

**6**

French Toast Sticks

or

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

**Friday**

**7**

Cinnamon Roll

or

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

**10**

Dutch Waffle

or

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

**11**

Donuts

or

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

**12**

ASST Muffin

or

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

**13**

COOKS CHOICE

**14**

COOKS CHOICE

**17**



**18**



**19**

**20**

**21**



**24**

**25**

**26**

**27**

**28**

Breakfast Prices  
Student \$1.55  
Reduced \$.30  
Adult \$2.35

**General Manager**

Lou Kluck

**Phone Number**  
570-735-8534

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