

MARCH 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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Monday

4

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

Tuesday

5

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

Wednesday

6

Asst Cereal Bars
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

Friday

8

Assorted Breakfast
Breads
or
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

12

Scrambled Eggs
with Toast
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

14

Cinnamon Roll
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

18

Cereal Bar
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

20

French Toast Sticks
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

22

ACT 80 DAY
NO STUDENTS

25

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

26

Banana Bread
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

28

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

29

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