

MAY 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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570-735-8534

Email
ma1102@metzcorp.com

Monday

Tuesday

Wednesday

Thursday

Friday

Empty breakfast menu box for Monday.

Empty breakfast menu box for Tuesday.

1
Asst Cereal Bars

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

2
French Toast Sticks

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

3

**ACT 80 DAY
NO STUDENTS**

6
Dutch Waffle

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

7
Scrambled Eggs with Toast
or
Assorted Cereals with Toast
Assorted 100% Fruit Juice
or
Assorted Fresh & Canned Fruit
Choice of Milk

8
Breakfast Sandwich

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

9
Cinnamon Roll

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

10
Assorted Muffins

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

13
Cereal Bar

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

14
Pop Tarts

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

15
French Toast Sticks

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

16
Donuts

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

17
Assorted Breakfast Breads

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

20
Pancake on a stick

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

21
Banana Bread

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

22
Breakfast Sandwich


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

23
Pancakes

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

24
Cherry Frudel

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

27

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28
Cinnamon Bun

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

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

30
Donuts

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

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