

OCTOBER 2020



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**

schoolcafé

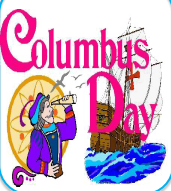
Breakfast Prices
Student \$1.55
Reduced \$.30
Adult \$2.35

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
5 Asst Cereal Bars or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	6 Cereal or Assorted Fresh & Canned Fruit Choice of Milk	7 PICK UP GRAB & GO BREAKFAST & LUNCH	8 Pop Tarts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	9 Assorted Breakfast Breads or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
12  	13 Asst Cereal Bars Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	14 PICK UP GRAB & GO BREAKFAST & LUNCH	15 Cereal or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	16 Apple Frudel Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
19 Assorted Muffins or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	20 Cereal or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	21 PICK UP GRAB & GO BREAKFAST & LUNCH	22 Cereal or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	23 Donuts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
26 Cinnamon Bun Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	27 Asst Cereal Bars or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	28 PICK UP GRAB & GO BREAKFAST & LUNCH	29 Cereal Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	30 Breakfast Sandwich Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk