

OCTOBER 2020



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

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USDA is an equal opportunity provider and employer.

Monday

5

Cereal Bar

or

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

Tuesday

6

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

Wednesday

7

GRAB & GO
BREAKFAST & LUNCH

Thursday

8

Donuts

or

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

Friday

9

Muffins

or

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

12



13

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

14

GRAB & GO
BREAKFAST & LUNCH

15

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

16

Breakfast Bread

or

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

19

Muffins

or

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

20

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

21

GRAB & GO
BREAKFAST & LUNCH

22

Assorted Cereals
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

26

Yogurt with Graham Crackers

or

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

27

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

28

GRAB & GO
BREAKFAST & LUNCH

29

Donuts

or

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

30

Pop Tarts

or

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