

**APRIL
2024**



**GREATER NANTICOKE AREA
HIGH SCHOOL BREAKFAST MENU**

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

What is a Breakfast Meal?

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)

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

Daily Fruit Selection May Include:

canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple or orange), fresh fruit (apples, bananas, and oranges)

Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Cocoa Puffs
- Cheerios
- Fruity Cheerios
- Rice Crunch
- Kix
- Fruit Loops
- Frosted Flakes

MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.



www.schoolcafe.com for online cafeteria payments

ADULT BREAKFAST: \$2.40

GENERAL MANAGER

Lou Kluck

PHONE NUMBER

570-735-8534

EMAIL: mal102@metzcorp.com

USDA is an equal opportunity provider an employer.

<p>1</p>	<p>2</p> <p>Cereal Bars Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>3</p> <p>PopTarts Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>4</p> <p>Yogurt Parfaits Assorted Cereals Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>5</p> <p>Bagel w/ Cream Cheese Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>8</p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>9</p> <p>Unrustable Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>10</p> <p>Fruit Strudel Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>11</p> <p>Breakfast Sandwich Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>12</p> <p>Bagel w/ Cream Cheese Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>15</p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>16</p> <p>Cinnamon Bun Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>17</p> <p>Donuts Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>18</p> <p>Breakfast Sandwich Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>19</p> <p>FULL ACT 80 DAY NO STUDENTS</p>
<p>22</p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>23</p> <p>Unrustable Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>24</p> <p>Pop Tart Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>25</p> <p>Fruit Smoothie Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>26</p> <p>Cereal Bar Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>
<p>29</p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk</p>	<p>30</p>			

Consuming raw or undercooked meat, poultry, fish, shellfish, or eggs increases your risk of foodborne illness.