

**AUG/SEPT  
2024**



**GREATER NANTICOKE AREA  
HIGH SCHOOL BREAKFAST MENU**

**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](http://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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>26</b></p> <p>TEACHERS IN-SERVICE</p> <p>NO STUDENTS</p>	<p><b>27</b></p> <p>TEACHERS IN-SERVICE</p> <p>NO STUDENTS</p>	<p><b>28</b></p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>29</b></p> <p>PopTarts Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Yogurt Parfaits Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>2</b></p>	<p><b>3</b></p> <p>Uncrustable Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>4</b></p> <p>Fruit Strudel Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Breakfast Sandwich Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Bagel w/ Cream Cheese Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>9</b></p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Cinnamon Bun Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>11</b></p> <p>Donuts Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Breakfast Sandwich Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Bagel w/ Cream Cheese Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p><b>16</b></p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Uncrustable Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Pop Tart Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>19</b></p> <p>Yogurt Parfaits Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>20</b></p> <p>FULL ACT 80 DAY</p> <p>NO SCHOOL</p>
<p><b>23</b></p> <p>Assorted Muffins Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Blueberry Loaf Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Donuts Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>26</b></p> <p>Breakfast Sandwich Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Bagel w/ Cream Cheese Assorted Cereals</p> <p>100% Fruit Juice or Assorted Fresh &amp; Canned Fruit Choice of Milk</p>

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