

**JANUARY  
2023**



**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 DEPENDING  
ON PRODUCT AVAILABILITY**

**schoolcafé**

**Breakfast Prices**

Student \$1.55

Reduced \$.30

Adult \$2.35

**General Manager**

Lou Kluck

**Phone Number**

570-735-8534

**Email**

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USDA is an equal opportunity provider and employer.

**Monday**

**2**

Cereal Bar

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

**Tuesday**

**3**

Assorted Muffin

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

**Wednesday**

**4**

Fruit Strudel

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

**Thursday**

**5**

Breakfast Sandwich

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

**Friday**

**6**

Cereal Bar

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

**9**

Assorted Muffin

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

**10**

Cinnamon Bun

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

**11**

Donuts

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

**12**

Pop Tart

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

**13**

Cereal Bar

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

**16**



**17**

Blueberry Breakfast Bar

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

**18**

Pop Tart

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

**19**

Breakfast Sandwich

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

**20**

Cereal Bar

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

**23**

Assorted Muffins

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

**24**

Fruit Strudel

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

**25**

Donuts

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

**26**

Breakfast Sandwich

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

**27**

Cereal Bar

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

**30**

Assorted Muffin

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

**31**

Cinnamon Bun

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