

# JANUARY 2022



# 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



### Breakfast Prices

Student \$1.55

Reduced \$.30

Adult \$2.35

General Manager

Lou Kluck

Phone Number

570-735-8534

Email

[ma1102@metzcorp.com](mailto:ma1102@metzcorp.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>4</b> Banana Bread or Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	<b>5</b> Pop Tarts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>6</b> Breakfast Sandwich or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>7</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>10</b> Assorted Muffin or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>11</b> Cinnamon Bun or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>12</b> Donuts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>13</b> Yogurt or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>14</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>17</b> 	<b>18</b> Blueberry Breakfast Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>19</b> Pop Tart or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>20</b> Breakfast Sandwich or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>21</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>24</b> Cinnamon Bun or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>25</b> Assorted Muffins or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>26</b> Donuts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>27</b> Breakfast Sandwich or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>28</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>27</b> (Empty)	<b>28</b> (Empty)	<b>29</b> (Empty)	<b>30</b> (Empty)	<b>31</b> (Empty)