

JANUARY 2022



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 DEPENDING
ON PRODUCT AVAILABILITY**

schoolcafe

Consuming raw or undercooked meat, poultry, fish shellfish or eggs
increase your risk of food borne illness

Breakfast Prices

Student \$1.55

Reduced \$.30

Adult \$2.35

General Manager

Lou Kluck

Phone Number

570-735-8534

Email

ma1102@metzcorp.com

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	4 Cinnamon Bin or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	5 Donuts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	6 Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	7 Assorted Muffins or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
10 Banana Bread Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	11 Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	12 Pop Tart Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	13 Breakfast Sandwich Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	14 Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
17 	18 Cinnamon Bun Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	19 Donuts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	20 Breakfast Sandwich Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	21 Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
24 Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	25 Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	26 Pop Tarts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	27 Breakfast Sandwich Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	28 Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk