

MARCH 2023



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
Adult \$2.35

Lou Kluck
General Manager
Phone Number
570-735-8534
Email

ma1102@metzcorp.com

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Donuts Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	2 Breakfast Sandwich or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	3 Cinnamon Bin or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	
	6 Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	7 Fruit Smoothie or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	8 Pop Tart Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	9 Cereal Bar or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	10 Apple Frudel or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
	13 Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	14 Cinnamon Bun Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	15 Donuts Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	16 Breakfast Sandwich Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	17 Cereal Bar or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
	20 Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	21 Cereal Bar or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	22 Pop Tarts Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	23 Fruit Smoothie Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	24 ACT 80 DAY NO STUDENTS
	27 Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	28 Cereal Bar or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	29 Donuts Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	30 Breakfast Sandwich Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	31 Cereal Bar or Assorted Cereals with Toast or Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk