

OCTOBER 2024



GREATER NANTICOKE AREA EDUCATION CENTER BREAKFAST MENU

MONDAY

30

Assorted Muffins
Assorted Cereals

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

7

Assorted Muffins
Assorted Cereals

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

14



21

Assorted Muffins
Assorted Cereals

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

28

Assorted Muffins
Assorted Cereals

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

TUESDAY

1

Cereal Bar
Assorted Cereals

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

8

Pop Tart
Assorted Cereals

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

15

Banana Bread
Assorted Cereals

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

22

Cinnamon Bun
Assorted Cereals

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

29

Uncrustable
Assorted Cereals

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

WEDNESDAY

2

Breakfast Sandwich
Assorted Cereals

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

9

Breakfast Sandwich
Assorted Cereals

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

16

Breakfast Sandwich
Assorted Cereals

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

23

Breakfast Sandwich
Assorted Cereals

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

30

Breakfast Sandwich
Assorted Cereals

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

THURSDAY

3

Cinnamon Bun
Assorted Cereals

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

10

Donuts
Assorted Cereals

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

17

Apple Frudel
Assorted Cereals

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

24

Donuts
Assorted Cereals

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

31

Blueberry Loaf
Assorted Cereals

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

FRIDAY

4

Bagels with Cream Cheese
Assorted Cereals

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

11

Uncrustable
Assorted Cereals

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

18

Bagels with Cream Cheese
Assorted Cereals

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

25

Bagels with Cream Cheese
Assorted Cereals

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

1

Pop Tart
Assorted Cereals

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

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 for online cafeteria payments

ADULT BREAKFAST: \$2.40

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