

**OCTOBER
2024**



**GREATER NANTICOKE AREA
HIGH SCHOOL BREAKFAST MENU**

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

GENERAL MANAGER

Lou Kluck

PHONE NUMBER

570-735-8534

EMAIL: mal1102@metzcorp.com

USDA is an equal opportunity provider an employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Assorted Muffins Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	1 Mini Cinnys Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	2 PopTarts Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	3 Breakfast Sandwich Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	4 Yogurt Parfaits 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	8 Uncrustable Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	9 Fruit Strudel Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	10 Breakfast Sandwich Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	11 Bagel w/ Cream Cheese Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
14 	15 Cinnamon Bun Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	16 Donuts Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	17 Breakfast Sandwich Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	18 Bagel w/ Cream Cheese Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
21 Assorted Muffins Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	22 Uncrustable Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	23 Pop Tart Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	24 Fruit Smoothie Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	25 Bagel w/ Cream Cheese 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	29 Blueberry Loaf Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	30 Donuts Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	31 Breakfast Sandwich Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	1 Bagel w/ Cream Cheese Assorted Cereals 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

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