

# SEPTEMBER 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**

*schoolcafe*

### Breakfast Prices

Student \$1.55

Reduced \$.30

Adult \$2.35

### General Manager

Lou Kluck

**Phone Number**

570-735-8534

**Email**

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p>	<p><b>6</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>7</b></p> <p>Pop Tarts</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>8</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>9</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>12</b></p> <p>Assorted Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>13</b></p> <p>Cinnamon Bun</p> <p>Assorted Cereals with Toast</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>14</b></p> <p>Donuts</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>15</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>16</b></p> <p>Cereal Bar</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>19</b></p> <p>Assorted Muffin</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>20</b></p> <p>Blueberry Breakfast Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>21</b></p> <p>Pop Tart</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>22</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>23</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>
<p><b>26</b></p> <p>Assorted Muffins</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>27</b></p> <p>Fruit Strudel</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>28</b></p> <p>Donuts</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>29</b></p> <p>Breakfast Sandwich</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>	<p><b>30</b></p> <p>Cereal Bar</p> <p>or</p> <p>Assorted Cereals with Toast</p> <p>Assorted 100% Fruit Juice</p> <p>or</p> <p>Assorted Fresh &amp; Canned Fruit</p> <p>Choice of Milk</p>