

# SEPTEMBER 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  
Adult \$2.35

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b>  <b>Labor Day</b>	<b>6</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>7</b> Donuts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>8</b> Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>9</b> Cinnamon Bin or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>12</b> Banana Bread Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>13</b> Breakfast Sandwich or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>14</b> Pop Tart Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>15</b> Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>16</b> Assorted Muffins or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>19</b> Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	<b>20</b> Cinnamon Bun Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>21</b> Donuts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>22</b> Breakfast Sandwich Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>23</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
<b>26</b> Assorted Muffins Assorted Cereals with Toast or Assorted Fresh & Canned Fruit Choice of Milk	<b>27</b> Fruit Smoothie or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>28</b> Pop Tarts Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>29</b> Mini Cinnis Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	<b>30</b> Cereal Bar or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk