

# JANUARY 2018



## 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**





Breakfast Prices  
Student \$1.55  
Reduced \$.30  
Adult \$2.35

**General Manager**

Lou Kluck  
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Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
	Cereal Bars or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	Belguim Waffle with Syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	Pop Tarts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	Donuts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
8 French Toast with syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	9 Breakfast Breads or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	10 Breakfast Sandwich or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	11 Apple Frudel or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	12 Assorted Muffins or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
15 	16 <b>ACT 80 DAY NO STUDENTS</b>	17 Banana Bread or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	18 Dutch Waffle or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	19 Yogurt with Graham Cracker or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
22 French Toast with syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	23 Pop Tarts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	24 Donuts or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	25 Pancake on a Stick or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	26 Muffin with syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk
29 Pancake with syrup or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	30 Scrambled Eggs with Toast or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	31 Churros or Assorted Cereals with Toast Assorted 100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk	