GREATER NANTICOKE AREA
education Center breakfast menu

What is a Breakfast Meal?
You must choose at least 3 of the 4 component
available for the school
breakfast price.
Choice of: Grain or Grain/Protein Choice of: Fruit or Vegetable
(must take at least $1 / 2$ cup)
hoice of Milk: $1 \%$ white, fat-free white,
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, $00 \%$ juice (apple or orange), fresh fruit (apples, bananas, and oranges)

Whole Grain Cereal Selection May Include: Cinnamon Toast Crunch

Trix
Cocoa Puffs
Cherio
Rice Crunch
Kix
Fruit Loops
Frosted Flakes

MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.

## schoolcafe

www.schoolcafe.com for online cafeteria payments

ADULT BREAKFAST: \$2.40


FRIDAY


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

