MAY 2024

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

MENU SUBJECT TO CHANGE DEPENDING ON PRODUCT AVAILABILITY.

Frosted Flakes



www.schoolcafe.com for online cafeteria payments

ADULT BREAKFAST: \$2.40

GENERAL MANAGER

Lou Kluck PHONE NUMBER

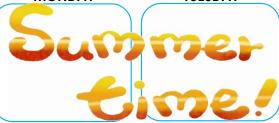
570-735-8534 EMAIL: ma1102@metzcorp.com

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GREATER NANTICOKE AREA HIGH SCHOOL BREAKFAST MENU

MONDAY TUESDAY



WEDNESDAY

PopTarts Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

THURSDAY

Yogurt Parfaits Assorted Cereals Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

FRIDAY

FULL ACT 80 DAY NO STUDENTS

6

Assorted Muffins Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

Uncrustable

Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

8

Fruit Strudel Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

9

Breakfast Sandwich Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

10

Bagel w/ Cream Cheese Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

13

Assorted Muffins Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

14

Cinnamon Bun Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

15

Donuts Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

16

Breakfast Sandwich Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

Bagel w/ Cream Cheese Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

20

Assorted Muffins Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

21

Uncrustable Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

22

Pop Tart Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

23

Yoguret Parfaits Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

24

Cereal Bar **Assorted Cereals**

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

NO SCHOOL MEMORIAL DAY

27

28

Assorted Muffins Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

29

Donuts Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

30

Breakfast Sandwich Assorted Cereals

100% Fruit Juice or Assorted Fresh & Canned Fruit Choice of Milk

31

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.