



Hanover Area BREAKFAST MENU

Monday

Tuesday

Wednesday

Thursday

Friday



What is a Meal?
You must choose at least 3 items for it to be a complete breakfast.

Minimum of 1/2 cup serving of fruit must accompany a reimbursable breakfast

Choice of: Grain or grain/protein and Fruit
Choice of Milk - 1% white, and fat-free white & chocolate

Daily Fruit Selection May Include:

- oranges, apples,
- bananas, grapes,
- pears, peaches,
- cantaloupe, melon,
- strawberries, applesauce,
- pineapple,
- 100% fruit juices
- and mandarin oranges

Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix
- Lucky Charms
- Honey Nut Cheerios
- Cocoa Puffs

4
Assorted Muffins
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

5
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

6
Bagel w/ spreads
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

7
Pop Tart
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

8
Chef's Choice
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

11
Chef's Choice
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

12
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

13
LAST DAY of SCHOOL.

1
Cereal Bar
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Adult Breakfast \$1.85

General Manager: Maria DeLuca

Phone Number: 570.825.5588

Email: ma1108@metzcorp.com

USDA is an equal opportunity provider and employer.

