

JANUARY



Hanover Area BREAKFAST MENU

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, apple sauce, pineapple, 100% fruit juices and mandarin oranges

Whole Grain Cereal Selection May Include:

Cinnamon Toast Crunch
Trix
Lucky Charms
Honey Nut Cheerios
Cocoa Puffs

Daily Entree Options may include:
Donuts, Muffins, Breakfast Bars
Pop Tarts, and Craveables



Adult Breakfast \$1.85

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Monday

7
Cinni Mini
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

14
Mini Blueberry Pancakes
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

21
NO SCHOOL


28
Frudel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Tuesday



8
Bagel w/spreads
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

15
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

22
Breakfast Pizza
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

29
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Wednesday

2
Chocolate Chip French Toast
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

9
Ham, Egg & Cheese Croissant
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

16
Sausage & pancake on a Stick
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

23
Ham, Egg & Cheese Croissant
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

30
Pancakes
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Thursday

3
Frudel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

10
Blueberry Bread
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

17
Frudel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

24
Bagel w/spreads
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

31
Banana Bread
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Friday

4
Dutch Waffle
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

11
Mini Filled Bagel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

18
Act 80
NO SCHOOL

25
Dutch Waffle
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk