



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, 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



Adult Breakfast \$1.85

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Monday

7
Assorted Muffins
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

14
Whole Grain Donuts
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

21
Assorted Muffins
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

28
NO SCHOOL


Tuesday

1
Egg & Cheese Bagel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

8
Dutch Waffle
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

15
Ham & Cheese Croissant
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

22
Mini French Toast
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

29
Whole Grain Donuts
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Wednesday

2
Blueberry Pancakes
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

9
Bagel w/ spreads
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
Breakfast Pizza
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

30
Bagel w/spreads
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Thursday

3
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

10
Yogurt
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

17
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

24
Yogurt
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

31
Cinnamon Roll
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

Friday

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

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

18
Pop Tart
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk

25
Fruitel
or
Assorted Cereal
Assorted 100% Fruit Juice
or
Choice of Fruit
Choice of Milk