

# JANUARY

**What is a Meal?**  
 You must choose at least 3 of the 4 components available for the school breakfast price.  
**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



## Hanover Green BREAKFAST MENU

### Monday

**7**

**Whole Grain Donuts**

or

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

**14**

**Whole Grain Donuts**

or

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

**21**  
**NO SCHOOL**

**28**

**Whole Grain Donuts**

or

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

### Tuesday



**8**

**Cinnamon Roll**

or

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

**15**

**Cinnamon Roll**

or

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

**22**

**Cinnamon Roll**

or

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

**29**

**Cinnamon Roll**

or

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

### Wednesday

**2**

**Assorted Muffins**

or

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

**9**

**Assorted Muffins**

or

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

**16**

**Assorted Muffins**

or

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

**23**

**Assorted Muffins**

or

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

**30**

**Assorted Muffins**

or

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

### Thursday

**3**

**Yogurt**

or

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

**10**

**Yogurt**

or

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

**17**

**Yogurt**

or

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

**24**

**Yogurt**

or

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

**31**

**Yogurt**

or

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

### Friday

**4**

**Pop tart**

or

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

**11**

**Pop tart**

or

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

**18**  
**ACT 80**  
**NO SCHOOL**

**25**

**Pop tart**

or

**Cereal Bar**  
 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

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