

January 2018



# 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, and mandarin oranges

**Whole Grain Cereal Selection May Include:**  
Cinnamon Toast Crunch  
Trix  
Lucky Charms  
Honey Nut Cheerios  
Cocoa Puffs



www.shutterstock.com - 323414417



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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 NO SCHOOL	3 Assorted Muffins or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	4 Cinnamon Roll or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	5 Cereal Bar or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk
8 Whole Grain Donuts or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	9 Mini French Toast or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	10 Bagel w/ spreads or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	11 Yogurt or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	12 NO SCHOOL
15 NO SCHOOL 	16 Whole Grain Donuts or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	17 Sausage & pancake on a Stick or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	18 Cinnamon Roll or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	19 Pop Tart or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk
22 Assorted Muffins or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	23 Cinni Mini or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	24 Breakfast Pizza or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	25 Yogurt or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	26 Frudel 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	30 Mini French Toast or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk	31 Bagel w/spreads or Assorted Cereal Assorted 100% Fruit Juice or Choice of Fruit Choice of Milk		