



High School Breakfast Menu



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

Featured Hot Item:
French Toast Sticks w/
Turkey Sausage

Egg & Cheese
Wrap

Daily Offerings

- ✔ Assorted Cereal w/ Toast
- ✔ Assorted Cereal Bars w/ Toast
- ✔ Whole Grain Bagel w/Toast Cream Cheese or Jelly
- ✔ Assorted Muffins w/Toast & Donuts
- ✔ Overnight Oats

Featured Fruit:
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Pizza

Sausage, Egg & Cheese
Wrap Or
Egg & Cheese Wrap

Daily Offerings

- ✔ Assorted Cereal w/ Toast
- ✔ Assorted Cereal Bars w/ Toast
- ✔ Whole Grain Bagel w/Toast, Cream Cheese or Jelly
- ✔ Assorted Muffins w/ Toast & Donuts
- ✔ Overnight Oats

Featured Fruit:
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Wrap

Egg & Cheese
Wrap

Warm Oatmeal Bar

- Daily Offerings**
- ✔ Assorted Cereal w/ Toast
 - ✔ Assorted Cereal Bars w/ Toast
 - ✔ Whole Grain Bagel w/Toast, Cream Cheese or Jelly
 - ✔ Assorted Muffins w/Toast & Donuts
 - ✔ Overnight Oats
- Featured Fruit:**
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Pizza

Sausage, Egg & Cheese
Wrap Or
Egg & Cheese Wrap

Daily Offerings

- ✔ Assorted Cereal w/ Toast
- ✔ Assorted Cereal Bars w/ Toast
- ✔ Whole Grain Bagel w/ Toast, Cream Cheese or Jelly
- ✔ Assorted Muffins w/Toast & Donuts
- ✔ Overnight Oats

Featured Fruit:
Apple Slices

Featured Hot Item:
Maple Pancakes
w/ Turkey Sausage

Egg & Cheese
Wrap

Daily Offerings

- ✔ Assorted Cereal w/ Toast
 - ✔ Assorted Cereal Bars w/ Toast
 - ✔ Whole Grain Bagel w/ Toast, Cream Cheese or Jelly
 - ✔ Assorted Muffins w/Toast & Donuts
 - ✔ Overnight Oats
- Featured Fruit:**
Apple Slices

Breakfast Prices

Breakfast \$1.25
Reduced Breakfast \$0.30
Entrée Only \$1.75

ALL Breakfasts Include Choice of:
GRAINS + FRUIT + MILK

GF = Gluten Free
V = Vegetarian

✔ **Assorted Cereals May Include**

All Cereals Paired w/ Toast

- Cheerios
- Cocoa Puffs
- Lucky Charms
- Cinnamon Toast Crunch

GF

Gluten Free Rice Chex Available Upon Request

✔ **Assorted Cereal Bars May Include**

All Cereal Bars Paired w/ Toast

- Cocoa Puffs
- Cinnamon Toast Crunch
- Trix

✔

Assorted Pop Tarts

All Pop Tarts Paired w/ Toast

- Strawberry
- Brown Sugar Cinnamon

Daily Fruit Choices

Choices May Include:

- (Local Choices Available in Season)
- Apples, Apple Slices, Applesauce Cups,
- Bananas, Oranges
- 100% Fruit Juice Also Available Daily

rBST Hormone Free Milk

Choices May Include Fat Free:

- White, Chocolate, Vanilla,
- 1% White
- Lactose Free 1% White Milk Available Upon Request

Contact 724-934-7279

****All Grain Options are Whole Grain****

Menu is subject to change.

Student A La Cart Prices

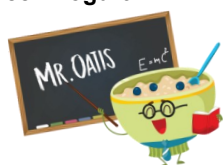
Fruits, Vegetables, OR Breads/Grains \$1.05

Beverages

Milk \$.75
Water \$1.25

Nutritious Friendly Snacks

Yogurt \$1.00
Greek Yogurt \$2.25



Money may be deposited daily into your child's cafeteria account.

Please make checks payable to:
NA Cafeteria Fund

Money may also be deposited into your child's cafeteria account online at
www.payforit.net.

*Parents can also access their child's cafeteria balance via **PayForIt.net**.

* Parents can contact food service to flag their child's account for dietary notes.

Metz Culinary

Management Team

Jay West

General Manager 724-934-7202

Judy Ostronic

Assistant Director 724-934-7236

Jessica Ficarrì

Nutrition Educator 724-934-7279

Jill O'Hanlon