



# Middle School Breakfast Menu



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday

*Featured Hot Item:*

**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 or Donuts
- ✔ Overnight Oats

*Featured Fruit:*  
Apple Slices

*Featured Hot Item:*

**Bacon, 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 or Donuts
- ✔ Overnight Oats

*Featured Fruit:*  
Apple Slices

*Featured Hot Item:*

**Egg & Cheese Wrap Or French Toast Sticks**

✔ 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 or Donuts
- ✔ Overnight Oats

*Featured Fruit:*  
Apple Slices

*Featured Hot Item:*

**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 or Donuts
- ✔ Overnight Oats

*Featured Fruit:*  
Apple Slices

*Featured Hot Item:*

**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 or 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
- ✔ \*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 \$0.75  
 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](http://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 Rohm**

Nutrition Educator 724-934-7279

**Jill O'Hanlon**

Catering Director 724-934-7201