



FES / MCK/ MES YMCA Breakfast Menu



North Allegheny School District

Monday

Tuesday

Wednesday

Thursday

Friday



Daily Offerings

- ✔ Assorted Cereal w/ Belly Bears
- ✔ Assorted Cereal Bars w/ Belly Bears
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly

Featured Fruit:
Apple Slices

Featured Hot Item:
✔ Maple Pancakes

Daily Offerings

- ✔ Assorted Cereal w/ Belly Bears
- ✔ Assorted Cereal Bars w/ Belly Bears
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly

Featured Fruit:
Apple Slices



Daily Offerings

- ✔ Assorted Cereal w/ Belly Bears
- ✔ Assorted Cereal Bars w/ Belly Bears
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly

Featured Fruit:
Apple Slices

Featured Hot Item:
✔ Maple Pancakes

Daily Offerings

- ✔ Assorted Cereal w/ Belly Bears
- ✔ Assorted Cereal Bars w/ Belly Bears
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly

Featured Fruit:
Apple Slices



Daily Offerings

- ✔ Assorted Cereal w/ Belly Bears
- ✔ Assorted Cereal Bars w/ Belly Bears
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly

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

- Ⓜ = Gluten Free
- ✔ = Vegetarian



Assorted Cereals May Include

All Cereals Paired w/ Belly Bears
Cheerios
Cocoa Puffs
Lucky Charms



*Gluten Free Rice Chex
Available Upon Request*

Assorted Cereal Bars May Include

All Cereal Bars Paired w/ Belly Bears
✔ Cinnamon Toast Crunch
Cocoa Puffs

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, & Strawberry
1% White
Lactaid 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 \$1.00

Beverages

Milk \$.75
Water \$.75

Nutritious Friendly Snacks

Yogurt \$1.00

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 Rohm

Nutrition Educator 724-934-7279

Jill O'Hanlon

Catering Director 724-934-7201