



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

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

Featured Fruit:
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Wrap

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

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

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

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 \$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 ac-
count online at
www.payforit.net.

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

* Parents can contact food ser-
vice to flag their child's ac-
count 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