



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 & Donuts

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 & Donuts

Featured Fruit:
Apple Slices

Featured Hot Item:

Egg & Cheese Wrap Or French Toast Sticks

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:

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:

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



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.

*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