



Middle School Breakfast Menu



North Allegheny School District

Monday

Featured Hot Item:

Egg & Cheese Wrap

Daily Offerings

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

Tuesday

Featured Hot Item:

Bacon, Egg & Cheese Wrap

Daily Offerings

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

Wednesday

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/ Cream Cheese or Jelly
- ✔ Assorted Muffins & Donuts
- Featured Fruit:**
Apple Slices

Thursday

Featured Hot Item:

Sausage, Egg & Cheese Wrap

Daily Offerings

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

Friday

Featured Hot Item:

Egg & Cheese Wrap

Daily Offerings

- ✔ Assorted Cereal w/ Toast
- ✔ Assorted Cereal Bars w/ Toast
- ✔ Whole Grain Bagel w/ Cream Cheese or Jelly
- ✔ Assorted Muffins & 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
- ✔ Blueberry
- ✔ 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, & 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	\$1.05
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