



North Allegheny School District NASH Breakfast Menu April-June 2022



Breakfast & A La Carte Prices

Breakfast -FREE	A La Carte :
Entrée Only -\$1.75	Grain -\$1.05
	Fruit -\$1.05
	Milk -\$0.75

Monday	Tuesday	Wednesday	Thursday	Friday
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French Toast Sticks
w/ Turkey Sausage
Egg & Cheese Wrap

Sausage
Breakfast Pizza
Turkey Sausage, Egg &
Cheese Wrap

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w/ Turkey Sausage
Egg & Cheese Wrap

Sausage
Breakfast Pizza
Turkey Sausage, Egg &
Cheese Wrap

French Toast Sticks
w/ Turkey Sausage
Egg & Cheese Wrap

**ALL BREAKFAST MEALS Include Choice of:
GRAIN + FRUIT + MILK**

Fruit Choices May Include:
Apples, Apple Slices, Bananas, Oranges,
Apple Sauce Cup, Apple Juice, Orange Juice

Milk Choices May Include:
1% White, Fat Free: White or Chocolate
All Milk selections are rBST Hormone Free
Lactaid White Milk Available Upon Request

Daily Breakfast Options May Include

Assorted Cereal

Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Trix
^{GF} Lucky Charms, ^{GF} Rice Chex
 Apple Jacks, Froot Loops, Frosted Flakes, Frosted Mini Wheats,
 Krave Chocolate, Raisin Bran Crunch, Rice Krispies

Cereal Bars

General Mills®: Cinnamon Toast Crunch, Cocoa Puffs, Fruity Cheerios, Golden Grahams, Trix
 Kellogg's Nutri-Grain®: Apple, Blueberry, Strawberry
 Quaker Granola Chewy®: Chocolate Chunk, Cookies & Cream

Donuts/ Muffins

Goody Man® Donuts: Chocolate and Powdered Donuts
 Otis Spunkmeyer® Muffins: Apple Cinnamon, Banana, Blueberry

PopTarts®

Chocolate Fudge, Cinnamon, Strawberry

^{GF} Gluten Free ^V Vegetarian
 Gluten Free Cheerios or Rice Chex Available Upon Request
 Dietary Concerns? 724-934-7279

****All Grain Options are Whole Grain****
 USDA is an equal opportunity provider and employer.
 Menu is subject to change.



PaySchools Central gives parents/guardians control over their children's meal choices and lunch spending limits. View meal activity, account balance, add funds to lunch accounts, move funds from one account to another, and set up auto-replenish. Parents can even schedule future payments and manage recurring payments. Visit PaySchoolsCentral.com or download the app today!

Deposits may be made to your child's account by check utilizing payment envelopes available at the registers. Please make checks payable to: "NA Cafeteria Fund".

Student allergens provided to the school nurse are linked to student lunch accounts. Note: Parents should contact food service directly with specific dietary requests. Call 724-934-7201 or email DiningServices@northallegheny.org

Metz Culinary Management

Jay West
 Food Service Director
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 724-934-7202

Jenna Ossler
 Assistant Food Service Director
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 724-934-7279