



# 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

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### Breakfast Prices

- Breakfast \$1.25
- Reduced Breakfast \$0.30
- Entrée Only \$1.75

ALL Breakfasts Include Choice of:  
**GRAINS + FRUIT + MILK**

- GF = 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  
Fruit Cheerios  
Cocoa Puffs



### Daily Fruit Choices

Choices May Include:  
(Local Choices Available in Season)  
Apples, Apple Slices, 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](http://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

Assistant Food Service Director  
Nutrition Educator 724-934-7279

**Office Manager**  
724-934-7201

For Catering Contact:  
**Jill O'Hanlon, Catering Director**  
724-934-7236