



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/ Cream Cheese or Jelly
- ✔ Assorted Muffins & Donuts

Featured Fruit:
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Pizza

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

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/ Cream Cheese or Jelly
- ✔ Assorted Muffins & Donuts

Featured Fruit:
Apple Slices

Featured Hot Item:
Bacon, Egg & Cheese
Pizza

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

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/ 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

Ⓜ = 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 \$1.05

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

Assistant Food Service Director
Nutrition Educator 724-934-7279

For Account Questions Contact:
724-934-7201

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