



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

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

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

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

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

- Ⓜ = 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