



**North Allegheny School District
Middle School Breakfast Menu
October 4- December 23, 2021**



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

Daily Breakfast Options May Include

Egg & Cheese Wrap

Or

Sausage, Egg & Cheese Wrap

✔ General Mills® Cereal

☉ Cheerios, Cinnamon Toast Crunch, Cocoa Puffs
Golden Grahams, Lucky Charms, ☉ Rice Chex, Trix

✔ 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

Goody Man® Chocolate and Powdered Donuts

✔ PopTarts®

Chocolate Fudge, Cinnamon, Strawberry

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

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

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

☉ Gluten Free ✔ 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
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724-934-7279