




















October High School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 3	October 4	October 5	October 6	October 7
Whole Grain Pumpkin Sweet Roll 	Whole Grain Pancakes 	Mini Pizza Bagels 	Whole Grain Dutch Waffle 	Egg & Cheese Wrap 
Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits
October 10	October 11	October 12	October 13	October 14
NO SCHOOL In - Service Day	Sausage, Egg & Cheese Bagel 	Pancake & Sausage on a Stick 	Sausage Breakfast Pizza 	Egg & Cheese Wrap 
	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits
October 17	October 18	October 19	October 20	October 21
Warm Whole Grain Donut 	Whole Grain Waffles 	Mini Pizza Bagels 	Whole Grain Dutch Waffle 	Egg & Cheese Wrap 
Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits
October 24	October 25	October 26	October 27	October 28
Whole Grain Pumpkin Sweet Roll 	Whole Grain Pancakes 	Pancake & Sausage on a Stick 	Sausage Breakfast Pizza 	Egg & Cheese Wrap 
Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits	Assorted Juice & Fruits

There is NO COST for breakfast. Breakfast is FREE for ALL students for the 2022 - 2023 school year.
 Access your child's balance, setup low balance alerts & make online payments at www.schoolcafe.com
 Ala carte items such as bagged snacks, bottled water or milk may ONLY be purchased when there are positive funds in your account.

Daily Options
 Served with choice of Milk & assorted Fruits



Whole grain & reduced sugar cereal, cereal bars, bagels, breads & nonfat yogurt

A Breakfast Consists of: Whole Grains, Assorted Fruits & rBST Hormone Free Milk

QUESTIONS? Special dietary needs, account restrictions, benefit and account questions please contact: Christie Leininger, Director of Food Services at 412-264-9440 ext. 1129 or email cleininger@moonarea.net

USDA is an equal opportunity provider and employer

Menu subject to change based upon product availability

