NORTH ALLEGHENY SCHOOL DISTRICT HIGH SCHOOL BREAKFAST MENU

September 2026

MAKE IT A MEAL!

Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meat Alternative, Fruit/Vegetable, Milk
A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Available Daily

Assorted Cereals & Bars w/ Graham Cracker (V)
Cheerios, Cinnamon Toast Crunch, Cocoa Puffs, Lucky Charms (GF), Trix, & Nutri Grain Bars

Whole Grain Pop Tarts (V)
Fudge, Cinnamon, Strawberry

Whole Grain Muffins w/ Graham Cracker (V)
Apple, Blueberry, Banana, Chocolate

Whole Grain Donuts (V)
Chocolate & Powdered Sugar

Bagel w/ Cream Cheese (V)

Fruit Selection

Apple Slices, Apple Sauce, Apples, Oranges
Assorted Juice
Students may choose two ½ cup servings.
Local Choices Available in Season

Milk Selection

May Include:
Skim, 1% White, Fat Free White, Fat Free Chocolate, Fat Free Vanilla

(V) Vegetarian | (GF) Gluten-Free

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	2 Egg & Cheese Croissant (V) Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	3 Chocolate Chip French Toast (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	4 Strawberries & Cream Overnight Oats with Graham Crackers (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
7 **Labor Day** **NO SCHOOL!**	8 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	9 Pancake on a Stick Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	10 French Toast Sticks with Syrup (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	11 Dutch Waffle (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
14 Mini Maple Pancakes (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	15 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	16 Egg, Sausage & Cheese Maple Flatbread Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	17 Chocolate Chip French Toast (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	18 Apple Strudel (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
21 Mini Cinni Rolls (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	22 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	23 Egg & Cheese Croissant (V) Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	24 French Toast Sticks with Syrup (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	25 Breakfast Banana Split (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
28 Mini Maple Pancakes (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	29 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	30 Egg, Sausage & Cheese Maple Flatbread Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	**Now Hiring** Part Time & Substitute Cafeteria Workers Email: jenna.ossler@metzcorp.com	Breakfast is **FREE** for **ALL** Students!

Breakfast Prices
Student $0.00
Adult $2.75

YOUR DINING SERVICES TEAM
Jenna Ossler, Food Service Director
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Lily Mejia, Assistant Food Service Director
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Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES