NORTH ALLEGHENY SCHOOL DISTRICT MIDDLE SCHOOL BREAKFAST MENU

October 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, Benefit Bars, & 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, Fat Free Strawberry

(V) Vegetarian

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Now Hiring **Part Time & Substitute Cafeteria Workers** **Email:** **jenna.ossler@metzcorp.com**	**Breakfast is FREE for ALL Students!**	1 Chocolate Chip French Toast (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	2 Apple Strudel (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
5 Mini Cinni Rolls (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	6 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	7 Pancake on a Stick Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	8 French Toast Sticks with Syrup (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	9 Breakfast Banana Split (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
12 Mini Blueberry Donut Holes (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	13 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	14 Egg & Cheese Croissant (V) Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	15 Chocolate Chip French Toast (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	16 Strawberries & Cream Overnight Oats with Graham Crackers (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
19 Glazed Dunkin Sticks (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	20 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	21 Pancake on a Stick Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	22 French Toast Sticks with Syrup (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	23 Dutch Waffle (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)
26 Mini Maple Pancakes (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	27 Breakfast Pizza with Pork Sausage Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	28 Egg, Sausage & Cheese Maple Flatbread Bacon, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	29 Chocolate Chip French Toast (V) Sausage, Egg, & Cheese Wrap Assorted Cereals or Cereal Bar w/ Graham Cracker (V)	30 Apple Strudel (V) Egg & Cheese Wrap (V) Assorted Cereals or Cereal Bar w/ Graham Cracker (V)

Breakfast Prices

Student	$0.00
Adult	$2.75

schoolcafe.com

YOUR DINING SERVICES TEAM

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