SOUTH PARK HIGH SCHOOL BREAKFAST MENU

October 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Pancakes and Sausage Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**29** Breakfast Pizza Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**30** Egg/Sausage/Cheese Flatbread Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**1** Dutch Waffle Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**2** Apple Strudel Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk
5 Mini Cinni Rolls Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**6** Breakfast Pizza Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**7** Yogurt Parfait Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**8** French Toast Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk st Sticks	**9** WG Donut Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk
12 NO SCHOOL	**13** Breakfast Pizza Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**14** Egg & Cheese Croissant Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**15** Steak and Egg Sandwich Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**16** Mini Blueberry Donut Holes Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk
19 Glazed Dunkin Stick Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk s	**20** Breakfast Pizza Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**21** Sausage Egg & Cheese Sandwich Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**22** French Toast Sticks Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**23** Apple Strudel Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk
26 Waffles & Sausage Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**27** Breakfast Pizza Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**28** Egg, Sausage & Cheese Flatbread Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**29** Dutch Waffle Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk	**30** WG Donut Assorted Cereals Apple Juice Assorted Fresh or Canned Fruit Choice of Milk

MAKE IT A MEAL!

Choose at least 3 of 4 meal components for the school breakfast price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

Breakfast Prices

Student	$0.00
Adult	$3.04

Available Daily

Assorted Cereals
Assorted Benefit Bars
Assorted Pop Tarts

Fruit Selection

Apple, Orange, Banana, Canned Applesauce, Pears, Peaches

Students may choose two ½ cup servings.

Milk Selection

1% White Milk, Chocolate, Vanilla, Strawberry

Your Dining Services Team

Donna Nassan
General Manager
412.655.3111 ext. 2030
donna.nassan@sparksd.org

(V) Vegetarian | (VG) Vegan
(GF) Gluten-Free | (H) Halal

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

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES