



Student Breakfast FREE
Adult Breakfast \$2.45
Milk \$.75

OCTOBER 2022
FOX CHAPEL AREA SCHOOL DISTRICT
HS & DMS  **BREAKFAST MENU**

Please make checks payable to:
FCASD Cafeteria Fund.
 Money may also be deposited onto your child's
 account at www.schoolcafe.com
 USDA is an equal opportunity provider and employer

Monday

Breakfast Pizza **3**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast Pizza **10**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast Pizza **17**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast Pizza **24**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast Pizza **31**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Tuesday

Mini Waffles **4**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Dutch Waffle **11**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Mini Waffles **18**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Dutch Waffle **25**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Wednesday

NO SCHOOL
FALL BREAK **5**


French Toast Sticks
 with Sausage **12**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Pancakes with Sausage **19**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

French Toast Sticks
 With Sausage **26**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Thursday

Egg, Bacon & Cheese
 Scramble with English Muffin **6**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Egg, Bacon & Cheese
 Scramble with English Muffin **13**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Egg, Bacon & Cheese
 Scramble with English Muffin **20**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Egg, Bacon & Cheese
 Scramble with English Muffin **27**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Friday

Cinnamon Roll **7**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast on a Stick **14**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Cinnamon Roll **21**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Breakfast on a Stick **28**
 Or
 Choice of Daily Entrée
 Choice of 100% Fruit Juice
 and assorted Fruit
 Choice of Milk

Food Services Manager
Julie Geary
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Julie_Geary@fcasd.edu



Daily Entrée Choices:
Assorted Sandwiches: Egg & Cheese, Egg/Cheese & Sausage, Egg/Cheese & Bacon, on a Bagel or English Muffin
Whole Grain Poptarts, Assorted Cereal with Graham Crackers, Assorted Whole Grain Donuts, Assorted Whole Grain Muffins