



# Alton High Breakfast Menu

May 2017

**1**  
**Apple Cinnamon Muffin**  
 Mini Cinnamon Rolls  
 Pick Two Option

*side items*  
 Orange Wedges, Diced Pears  
 Grape Juice

**2**  
**Powdered Sugar Doughnut**  
 Turkey Pancake Wrap  
 Pick Two Option

*side items*  
 Apple Wedges, Mixed Fruit  
 Fruit Juice

**3**  
**Mini Pancakes w/ Maple Syrup**  
 Cherry Frudel  
 Pick Two Option

*side items*  
 Grapes, Applesauce  
 Orange Juice

**4**  
**Cinnamon UBR**  
 Strawberry Mini Bagel  
 Pick Two Option

*side items*  
 Fresh Banana, Raisins  
 Cherry Star Juice

**5**  
**Chocolate Chip Muffin**  
 Cinnamon Rush Mini French Toast  
 Pick Two Option

*side items*  
 Honeydew, Diced Peaches  
 Apple Juice

**8**  
**Strawberry Mini Bagel**  
 Cinnamon Biscuit  
 Pick Two Option

*side items*  
 Orange Wedges, Diced Pears  
 Grape Juice

**9**  
**Glazed Doughnut**  
 Sausage & Cheese Biscuit  
 Pick Two Option

*side items*  
 Apple Wedges, Mixed Fruit  
 Fruit Juice

**10**  
**Apple Frudel**  
 Mini Cinnamon Rolls  
 Pick Two Option

*side items*  
 Grapes, Applesauce  
 Orange Juice

**11**  
**Blueberry Muffin**  
 Maple Burst Mini Pancake  
 Pick Two Option

*side items*  
 Fresh Banana, Raisins  
 Cherry Star Juice

**12**  
**Triple Berry Mini French Toast**  
 Sausage Breakfast Pizza  
 Pick Two Option

*side items*  
 Honeydew, Diced Peaches  
 Apple Juice

**15**  
**Cinnamon Roll**  
 Blueberry Bash Mini Waffles  
 Pick Two Option

*side items*  
 Orange Wedges, Diced Pears  
 Grape Juice

**16**  
**Cherry Fruedel**  
 Turkey Pancake Wrap  
 Pick Two Option

*side items*  
 Apple Wedges, Mixed Fruit  
 Fruit Juice

**17**  
**Cinnamon Rush Mini French Toast**  
 Strawberry Mini Bagel  
 Pick Two Option

*side items*  
 Grapes, Applesauce  
 Orange Juice

**18**  
**FINALS**  
 Breakfast Only

*side items*

**19**  
**FINALS**  
 Breakfast Only

*side items*

**22**  
**FINALS**  
 Breakfast Only

*side items*

**23**

*side items*

**24**

*side items*

**25**

*side items*

**26**

*side items*

**29**

*side items*

**30**

*side items*

**31**

*side items*

**1**

*side items*

**2**

*side items*

Menu is subject to change.  
 Email: [kbrueggeman@altonschools.org](mailto:kbrueggeman@altonschools.org) with any questions or concerns.

Local ingredients are always used when in season

Ovo-Lacto Vegetarian, may contain Egg & Milk

Nutritional Messages may vary by school.

This institution is an equal opportunity provider.

Breakfast is an important meal!

**Pick Two Option**

You may pick two items available and add a fruit to make a meal. Options may include: Cereal, Breakfast Bars, Poptarts, String Cheese, Yogurt, or Graham Crackers



**For Menu Nutrition**

Please visit: <http://altonschools.schooldis>



**Milk**

Fat Free White or Chocolate available

