



Alton High Breakfast Menu

August 2017

<p>31</p> <hr/> <p><i>side items</i></p>	<p>1</p> <hr/> <p><i>side items</i></p>	<p>2</p> <hr/> <p><i>side items</i></p>	<p>3</p> <hr/> <p><i>side items</i></p>	<p>4</p> <hr/> <p><i>side items</i></p>
<p>7</p> <hr/> <p><i>side items</i></p>	<p>8</p> <hr/> <p><i>side items</i></p>	<p>9</p> <hr/> <p><i>side items</i></p>	<p>10</p> <hr/> <p><i>side items</i></p>	<p>11</p> <hr/> <p><i>side items</i></p>
<p>14</p> <hr/> <p><i>side items</i></p>	<p>15</p> <hr/> <p><i>side items</i></p>	<p>16</p> <hr/> <p><i>side items</i></p>	<p>17</p> <p>Cinnamon French Toast Apple Cinnamon Muffin Pick Two Option</p> <hr/> <p>Fresh Banana, Raisins Cherry Star Juice</p>	<p>18</p> <p>Egg, Ham, & Cheese Flatbread Powder Sugar Donut Pick Two Option</p> <hr/> <p>Fresh Grapes, Diced Peaches Apple Juice</p>
<p>21</p> <p>Bacon, Egg, & Cheese Flatbread Mini Pancakes Pick Two Option</p> <hr/> <p>Fresh Apple, Diced Pears Grape Juice</p>	<p>22</p> <p>Turkey Pancake Wrap Banana Muffin Pick Two Option</p> <hr/> <p>Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p>23</p> <p>Turkey Sausage Sandwich Cinnamon Raisin Bagel Pick Two Option</p> <hr/> <p>Fresh Pear, Applesauce Orange Juice</p>	<p>24</p> <p>Apple Bosco Stick Chicken & Maple Syrup Waffle Pick Two Option</p> <hr/> <p>Fresh Banana, Raisins Cherry Star Juice</p>	<p>25</p> <p>Half Grilled Ham & Cheese Sandwich Waffles w/ Syrup Pick Two Option</p> <hr/> <p>Fresh Grapes, Diced Peaches Apple Juice</p>
<p>28</p> <p>Biscuits & Gravy Oatmeal Raisin Benefit Bar Pick Two Option</p> <hr/> <p>Fresh Apple, Diced Pears Grape Juice</p>	<p>29</p> <p>Country Chicken Biscuit Glazed Donut Pick Two Option</p> <hr/> <p>Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p>30</p> <p>Bacon, Egg, & Cheese Burrito French Toast Sticks w/ Powdered Sugar Pick Two Option</p> <hr/> <p>Fresh Pear, Applesauce Orange Juice</p>	<p>31</p> <p>Breakfast Pizza Blueberry Bagel Pick Two Option</p> <hr/> <p>Fresh Banana, Raisins Cherry Star Juice</p>	<p>1</p> <p>Turkey Sausage Sandwich Chocolate Chip Breakfast Round Pick Two Option</p> <hr/> <p>Fresh Grapes, Diced Peaches Apple Juice</p>

Menu is subject to change.
Email: kbrueggeman@altonschools.org with 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

Pick two items: Poptarts, Cereal Bars, String Cheese, and Yogurt. Add a fruit to make it a meal.



For Menu Nutrition
<http://altonschools.schoolids.com>



Milk
Fat Free White and Chocolate available

