



Alton High School Breakfast Menu

January 2019

1

NO SCHOOL

2

NO SCHOOL

Christmas Break

3

Powder Sugar Donut Holes
Waffles w/ Syrup
Assorted Cereal

Fresh Banana
Diced Pears

4

Breakfast Pizza
Berry French Toast
Assorted Cereal

Raisins
Diced Peaches

7

Cheesy Egg Breakfast Burger
Cinnamon Raisin Bagel
Assorted Cereal

Fresh Apple
Diced Pears

8

Sausage & Cheese Biscuit
Grape Crescent
Assorted Cereal

Fresh Orange Wedges
Mixed Fruit

9

Scrambled Eggs w/ Hashbrown
Chocolate Chip Benefit Bar
Assorted Cereal

Fresh Grapes
Diced Pears

10

Breakfast Pizza
Banana Muffin
Assorted Cereal

Fresh Banana
Diced Pears

11

Bacon & Eggs w/ Biscuit
Cinnamon Sugar Donut Holes
Assorted Cereal

Raisins
Diced Peaches

14

Chicken Patty Breakfast Sandwich
Waffles w/ Syrup
Assorted Cereal

Fresh Apple
Diced Pears

15

Iced Chocolate Donut
Cheese Bosco Stick
Assorted Cereal

Fresh Orange Wedges
Mixed Fruit

16

Breakfast Pizza
Chocolate Crescent
Assorted Cereal

Fresh Grapes
Applesauce

17

Cheesy Ham & Egg Tacos
Blueberry Bagel w/ Cream Cheesel
Assorted Cereal

Fresh Banana
Diced Pears

18

Country Sausage Donut Melt
Cinnamon Roll
Assorted Cereal

Raisins
Diced Peaches

21

NO SCHOOL

22

Cheesy Egg Biscuit
Blueberry Muffin
Assorted Cereal

Fresh Orange Wedges
Mixed Fruit

23

Egg Omelet w/ Tater Tots & Toast
Guavalito
Assorted Cereal

Fresh Grapes
Applesauce

24

Maple Glazed Donut
Cheesy Sausage Biscuit
Assorted Cereal

Fresh Banana
Diced Pears

25

Cheesy Bacon & Egg Bagel
Turkey Pancake Wrap
Assorted Cereal

Raisins
Diced Peaches

28

Chicken Breakfast Nachos
Apple Frudel
Assorted Cereal

Fresh Grapes
Applesauce

29

Biscuit & Gravy
Cheesy Sausage Egg Bagel
Assorted Cereal

Fresh Orange Wedges
Mixed Fruit

30

Breakfast Pizza
Turkey Pancake Wrap
Assorted Cereal

Fresh Grapes
Applesauce

31

Cinnamon Sugar Donut Holes
Cheesy Ham Biscuit
Assorted Cereal

Fresh Banana
Diced Pears

1

Pancakes w/ Syrup
Chocolate Chip Muffin
Assorted Cereal

Raisins
Diced Peaches

Check out some New Breakfast Items:
January 15th- Iced Chocolate Donut
January 18th- Country Sausage Donut Melt
January 28th- Chicken Breakfast Nachos

Daily Choices:
100% Fruit Juice
Fresh Fruit
Fat Free White & Chocolate Milk

All cereal is served w/ grain choice.