



# February 2019

## ALTON MIDDLE SCHOOL BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				<b>1</b> <b>Pancakes w/ Syrup</b> <i>Chocolate Chip Muffin</i>  Raisins Diced Peaches	<b>Special News...</b>  All Cereal is served w/ grain choice
<b>4</b> <b>Apple Frudel</b> <i>Cheesy Egg Biscuit</i>  Fresh Banana Diced Pears	<b>5</b> <b>Vanilla Iced Donut</b> <i>Egg Bagel</i>  Fresh Orange Wedges Mixed Fruit	<b>6</b> <b>Egg Omelet w/ Tater Tots</b> <i>Apple Cinnamon Muffin</i>  Fresh Grapes Applesauce	<b>7</b> <b>Waffles w/ Syrup</b> <i>Powder Sugar Donut Holes</i>  Fresh Banana Diced Pears	<b>8</b> <b>Breakfast Pizza</b> <i>Berry French Toast</i>  Raisins Diced Peaches	
<b>11</b> <b>Cheesy Egg Breakfast Burger</b> <i>Cinnamon Raisin Bagel</i>  Fresh Apple Diced Pears	<b>12</b> <b>Sausage &amp; Cheese Biscuit</b> <i>Grape Crescent</i>  Fresh Orange Wedges Mixed Fruit	<b>13</b> <b>Scrambled Eggs w/ Hashbrown</b> <i>Chocolate Chip Benefit Bar</i>  Fresh Grapes Diced Pears	<b>14</b> <b>Breakfast Pizza</b> <i>Banana Muffin</i>  Fresh Banana Diced Pears	<b>15</b> <b>Bacon &amp; Eggs w/ Biscuit</b> <i>Cinnamon Sugar Donut Holes</i>  Raisins Diced Peaches	<b>Pick two items and add a fruit to make a meal!!</b>
<b>18</b> <b>NO SCHOOL</b>  	<b>19</b> <b>Iced Chocolate Donut</b> <i>Cheese Bosco Stick</i>  Fresh Orange Wedges Mixed Fruit	<b>20</b> <b>Breakfast Pizza</b> <i>Chocolate Crescent</i>  Fresh Grapes Applesauce	<b>21</b> <b>Cheesy Ham &amp; Egg Tacos</b> <i>Blueberry Bagel w/ Cream Cheese</i>  Fresh Banana Diced Pears	<b>22</b> <b>Country Sausage Donut Melt</b> <i>Cinnamon Roll</i>  Raisins Diced Peaches	
<b>25</b> <b>Breakfast Pizza</b> <i>Cinnamon French Toast Sticks</i>  Fresh Apple Diced Pears	<b>26</b> <b>Cheesy Egg Biscuit</b> <i>Blueberry Muffin</i>  Fresh Orange Wedges Mixed Fruit	<b>27</b> <b>Egg Omelet w/ Tater Tots &amp; Toast</b> <i>Guavalito</i>  Fresh Grapes Applesauce	<b>28</b> <b>Maple Glazed Donut</b> <i>Cheesy Sausage Biscuit</i>	<b>1</b> <b>Cheesy Bacon &amp; Egg Bagel</b> <i>Turkey Pancake Wrap</i>  Raisins Diced Peaches	

**Daily Choices:**  
 Assorted Cereal  
 Fresh Fruit  
 100% Fruit Juice  
 Fat Free White or Chocolate Milk



This institution is an equal opportunity provider.