



Alton K-12 Breakfast Menu

September 2018

3

No School

4

Blueberry Muffin
Country Chicken & Cheese English Muffin
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

5

Cinnamon Twist Pastry
Egg Omelet w/ Tater Tots & Toast
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

6

Maple Glazed Donut
Cheesy Egg Biscuit
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

7

Cherry Frudel
Cheese Bosco Stck
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

10

Waffles w/ Syrup
Sausage, Egg, & Cheese Bagel
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

11

Cinnamon Roll
Biscuit w/ Gravy
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

12

Apple Bosco Stick
Breakfast Pizza
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

13

Pancakes w/ Syrup
Cheesy Egg Breakfast Burger
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

14

Chocolate Muffin
Turkey Pancake Wrap
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

17

Apple Frudel
Cheesy Egg Biscuit
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

18

Guavalito
Egg Bagel
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

19

Apple Cinnamon Muffin
Egg Omelet w/ Tater Tots & Toast
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

20

French Toast Sticks
Cheesy Ham & Egg Pancake Panini
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

21

Powder Sugar Donut Holes
Breakfast Pizza
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

24

Cinnamon Raisin Bagel
Cheesy Egg Breakfast Burger
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

25

Grape Filled Crescent
Sausage & Cheese English Muffin
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

26

Apple Bosco Stick
Scrambled Eggs w/ Tater Tots & Toast
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

27

Banana Muffin
Bacon, Egg, & Cheese Flatbread
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

28

Chocolate Chip Benefit Bar
Egg & Sausage Breakfast Burger w/ BBQ Salsa
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

1

Waffles w/ Syrup
Chicken Patty Breakfast Sandwich
Assorted Cereal
Pick Two Option

Fresh Apple
Diced Pears

2

Vanilla Glazed Donut
Cheesy Ham & Egg Pancake Panini
Assorted Cereal
Pick Two Option

Fresh Orange Wedges
Mixed Fruit

3

Cinnamon Roll
Cheese Bosco Stick
Assorted Cereal
Pick Two Option

Fresh Grapes
Applesauce

4

Blueberry Bagel
Egg English Muffin
Assorted Cereal
Pick Two Option

Fresh Banana
Diced Pears

5

Chocolate Filled Crescent
Biscuit w/ Gravy
Assorted Cereal
Pick Two Option

Raisins
Diced Peaches

Pick Two Options: Pick Two Items and add a fruit to make a meal.
Cinnamon or Strawberry Poptart
Strawberry Banana Yogurt
String Cheese
Bug Bites

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

All Cereal is served w/ grain choice

