



# Alton Elementary Breakfast Menu

October 2017

<p><b>2</b> <b>Biscuits &amp; Gravy</b> Oatmeal Raisin Benefit Bar Pick Two Option</p> <p><i>side items</i> Fresh Apple, Diced Pears Grape Juice</p>	<p><b>3</b> <b>Country Chicken Biscuit</b> Glazed Donut Pick Two Option</p> <p><i>side items</i> Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p><b>4</b> <b>Bacon, Egg, &amp; Cheese Burrito</b> French Toast Sticks w/ Powdered Sugar Pick Two Option</p> <p><i>side items</i> Fresh Pear, Applesauce Orange Juice</p>	<p><b>5</b> <b>Breakfast Pizza</b> Blueberry Bagel Pick Two Option</p> <p><i>side items</i> Fresh Banana, Raisins Cherry Star Juice</p>	<p><b>6</b> <b>NO SCHOOL</b> MADISON COUNTY INSTITUTE</p> <p><i>side items</i></p>
<p><b>9</b> <b>NO SCHOOL</b> COLUMBUS DAY</p> <p><i>side items</i></p>	<p><b>10</b> <b>Turkey Pancak Wrap</b> Blueberry Muffin Pick Two Option</p> <p><i>side items</i> Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p><b>11</b> <b>Cheesy Scrambled Eggs w/ Hashbrown</b> Cinnamon Breakfast Round Pick Two Option</p> <p><i>side items</i> Fresh Pear, Applesauce Orange Juice</p>	<p><b>12</b> <b>Country Chicken Biscuit</b> Cinnamon Sugar Donut Pick Two Option</p> <p><i>side items</i> Fresh Banana, Raisins Cherry Star Juice</p>	<p><b>13</b> <b>Breakfast Pizza</b> Cherry Frudel Pick Two Option</p> <p><i>side items</i> Fresh Grapes, Diced Peaches Apple Juice</p>
<p><b>16</b> <b>Cheese Bosco Stick</b> Waffles w/ Syrup Pick Two Option</p> <p><i>side items</i> Fresh Apple, Diced Pears Grape Juice</p>	<p><b>17</b> <b>Bacon, Egg, &amp; Cheese Flatbread</b> Glazed Cinnamon Roll Pick Two Option</p> <p><i>side items</i> Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p><b>18</b> <b>Cheesy Ham, Egg, &amp; Potato Bite Taco</b> Apple Bosco Stick Pick Two Option</p> <p><i>side items</i> Fresh Pear, Applesauce Orange Juice</p>	<p><b>19</b> <b>Pancakes w/ Syrup</b> Scrambled Eggs w/ Sausage &amp; Hashbrown Pick Two Option</p> <p><i>side items</i> Fresh Banana, Raisins Cherry Star Juice</p>	<p><b>20</b> <b>Chicken &amp; Maple Syrup Waffle</b> Chocolate Chip Muffin Pick Two Option</p> <p><i>side items</i> Fresh Grapes, Diced Peaches Apple Juice</p>
<p><b>23</b> <b>Country Chicken Biscuit</b> Apple Frudel Pick Two Option</p> <p><i>side items</i> Fresh Apple, Diced Pears Grape Juice</p>	<p><b>24</b> <b>Turkey Pancake Wrap</b> Blueberry Bagel Pick Two Option</p> <p><i>side items</i> Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p><b>25</b> <b>Breakfast Pizza</b> Sunberry Breakfast Round Pick Two Option</p> <p><i>side items</i> Fresh Pear, Applesauce Orange Juice</p>	<p><b>26</b> <b>NO SCHOOL</b> PARENT TEACHER CONFERENCE</p> <p><i>side items</i></p>	<p><b>27</b> <b>NO SCHOOL</b> PARENT TEACHER CONFERENCE</p> <p><i>side items</i></p>
<p><b>30</b> <b>Bacon, Egg, &amp; Cheese Flatbread</b> Mini Pancakes Pick Two Option</p> <p><i>side items</i> Fresh Apple, Diced Pears Grape Juice</p>	<p><b>31</b> <b>Halloween</b> <b>Turkey Pancake Wrap</b> Banana Muffin Pick Two Option</p> <p><i>side items</i> Fresh Orange, Mixed Fruit Fruit Blend Juice</p>	<p><b>1</b> <b>Turkey Sausage Sandwich</b> Cinnamon Raisin Bagel Pick Two Option</p> <p><i>side items</i> Fresh Pear, Applesauce Orange Juice</p>	<p><b>2</b> <b>Apple Bosco Stick</b> Chicken &amp; Maple Syrup Waffle Pick Two Option</p> <p><i>side items</i> Fresh Banana, Raisins Cherry Star Juice</p>	<p><b>3</b> <b>Half Grilled Ham &amp; Cheese Sandwich</b> Waffles w/ Syrup Pick Two Option</p> <p><i>side items</i> Fresh Grapes, Diced Peaches Apple Juice</p>



Email-kbrueggeman@altonschools.org with questions or concerns. Menu is subject to change.



Local ingredients are always used when in season

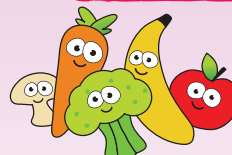


Ovo-Lacto Vegetarian, may contain Egg & Milk

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 a meal.



### For Menu Nutrition

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



### Milk

Fat Free White or Chocolate available daily.

