



# Alton K-12 Breakfast Menu

## November 2018

			<b>1</b> <b>Banana Muffin</b> <i>Bacon, Egg, &amp; Cheese Flatbread</i> Assorted Cereal Pick Two Option  Fresh Banana Diced Pears	<b>2</b> <b>Chocolate Chip Benefit Bar</b> <i>Egg &amp; Sausage Breakfast Burger w/ BBQ Salsa</i> Assorted Cereal Pick Two Option  Raisins Diced Peaches
<b>5</b> <b>Waffles w/ Syrup</b> <i>Chicken Patty Breakfast Sandwich</i> Assorted Cereal Pick Two Option  Fresh Apple Diced Pears	<b>6</b> <b>Vanilla Glazed Donut</b> <i>Breakfast Pizza</i> Assorted Cereal Pick Two Option  Fresh Orange Wedges Mixed Fruit	<b>7</b> <b>Chocolate Filled Crescent</b> <i>Cheese Bosco Stick</i> Assorted Cereal Pick Two Option  Fresh Grapes Applesauce	<b>8</b> <b>Breakfast Pizza</b> <i>Cheesy Ham Biscuit</i> Assorted Cereal Pick Two Option  Fresh Banana Diced Pears	<b>9</b> <b>Biscuit w/ Gravy</b> <i>Scrambled Eggs w/ Tater Bites</i> Assorted Cereal Pick Two Option  Raisins Diced Peaches
<b>12</b> <b>French Toast Sticks</b> <i>Blueberry Bagel w/ Cream Cheese</i> Assorted Cereal Pick Two Option  Fresh Grapes Applesauce	<b>13</b> <b>Blueberry Muffin</b> <i>Breakfast Pizza</i> Assorted Cereal Pick Two Option  Fresh Orange Wedges Mixed Fruit	<b>14</b> <b>Guavalito</b> <i>Egg Omelet w/ Tater Tots &amp; Toast</i> Assorted Cereal Pick Two Option  Fresh Grapes Applesauce	<b>15</b> <b>Maple Glazed Donut</b> <i>Cheesy Sausage Biscuit</i> Assorted Cereal Pick Two Option  Fresh Banana Diced Pears	<b>16</b> <b>Cherry Frudel</b> <i>Turkey Pancake Wrap</i> Assorted Cereal Pick Two Option  Raisins Diced Peaches
<b>19</b> <b>Sausage, Egg, &amp; Cheese Bagel</b> <i>Waffles w/ Syrup</i> Assorted Cereal Pick Two Option  Fresh Apple Diced Pears	<b>20</b> <b>Cinnamon Roll</b> <i>Biscuit w/ Gravy</i> Assorted Cereal Pick Two Option  Fresh Orange Wedges Mixed Fruit	<b>21</b> <b>NO SCHOOL</b>  <b>Thanksgiving Break</b>	<b>22</b> <b>NO SCHOOL</b>  	<b>23</b> <b>NO SCHOOL</b>  <b>Thanksgiving Break</b>
<b>26</b> <b>Apple Frudel</b> <i>Cheesy Egg Biscuit</i> Assorted Cereal Pick Two Option  Fresh Apple Diced Pears	<b>27</b> <b>Powder Sugar Donut Holes</b> <i>Egg Bagel</i> Assorted Cereal Pick Two Option  Fresh Orange Wedges Mixed Fruit	<b>28</b> <b>Apple Cinnamon Muffin</b> <i>Breakfast Pizza</i> Assorted Cereal Pick Two Option  Fresh Grapes Applesauce	<b>29</b> <b>Waffles w/ Syrup</b> <i>Cheesy Ham &amp; Egg Pancake Panini</i> Assorted Cereal Pick Two Option  Fresh Banana Diced Pears	<b>30</b> <b>Berry French Toast</b> <i>Grape Filled Crescent</i> 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**