

30

side items

31

side items

1
Turkey Sausage Sandwich
 Cinnamon Raisin Bagel
 Pick Two Option

Fresh Pear, Applesauce
 Orange Juice

2
Apple Bosco Stick
 Chicken & Maple Syrup Waffle
 Pick Two Option

Fresh Banana, Raisins
 Cherry Star Juice

3
Half Grilled Ham & Cheese Sandwich
 Waffles w/ Syrup
 Pick Two Option

Fresh Grapes, Diced Peaches
 Apple Juice

6
Biscuits & Gravy
 Oatmeal Raisin Benefit Bar
 Pick Two Option

side items

Fresh Apple, Diced Pears
 Grape Juice

7
Country Chicken Biscuit
 Glazed Donut
 Pick Two Option

side items

Fresh Orange, Mixed Fruit
 Fruit Blend Juice

8
Bacon, Egg, & Cheese Burrito
 French Toast Sticks w/ Powdered Sugar
 Pick Two Option

side items

Fresh Pear, Applesauce
 Orange Juice

9
Breakfast Pizza
 Blueberry Bagel
 Pick Two Option

side items

Fresh Banana, Raisins
 Cherry Star Juice

10
Turkey Sausage Sandwich
 Chocolate Chip Breakfast Round
 Pick Two Option

side items

Fresh Grapes, Diced Peaches
 Apple Juice

13
Cheesy Sausage & Egg Breakfast Burrito
 French Toast Sticks w/ Powdered Sugar
 Pick Two Option

side items

Fresh Apple, Diced Pears
 Grape Juice

14
Turkey Pancak Wrap
 Blueberry Muffin
 Pick Two Option

side items

Fresh Orange, Mixed Fruit
 Fruit Blend Juice

15
Cheesy Scrambled Eggs w/ Hashbrown
 Cinnamon Breakfast Round
 Pick Two Option

side items

Fresh Pear, Applesauce
 Orange Juice

16
Country Chicken Biscuit
 Cinnamon Sugar Donut
 Pick Two Option

side items

Fresh Banana, Raisins
 Cherry Star Juice

17
Breakfast Pizza
 Cherry Frudel
 Pick Two Option

side items

Fresh Grapes, Diced Peaches
 Apple Juice

20
Cheese Bosco Stick
 Waffles w/ Syrup
 Pick Two Option

side items

Fresh Apple, Diced Pears
 Grape Juice

21
Bacon, Egg, & Cheese Flatbread
 Glazed Cinnamon Roll
 Pick Two Option

side items

Fresh Orange, Mixed Fruit
 Fruit Blend Juice

22
Thanksgiving Break
 No School

side items

23 **Thanksgiving**
Thanksgiving Day Holiday
 No School

side items

24
Thanksgiving Holiday
 No School

side items

27
Country Chicken Biscuit
 Apple Frudel
 Pick Two Option

side items

Fresh Apple, Diced Pears
 Grape Juice

28
Turkey Pancake Wrap
 Blueberry Bagel
 Pick Two Option

side items

Fresh Orange, Mixed Fruit
 Fruit Blend Juice

29
Breakfast Pizza
 Sunberry Breakfast Round
 Pick Two Option

side items

Fresh Pear, Applesauce
 Orange Juice

30
Cinnamon French Toast
 Apple Cinnamon Muffin
 Pick Two Option

side items

Fresh Banana, Raisins
 Cherry Star Juice

1
Egg, Ham, & Cheese Flatbread
 Powder Sugar Donut
 Pick Two Option

side items

Fresh Grapes, Diced Peaches
 Apple Juice

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

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 start to your day.

Pick Two Option

Pick two items: Poptarts, Cereal Bars, String Cheese, and Yogurt. Add a fruit to make a meal.



For Menu Nutrition

Visit- <http://altonschools.schooldis>



Milk

Fat Free White or Chocolate available daily.