



# Alton High School Breakfast Menu

January 2018

1  
**No School**

*New Year's Day*

2  
**No School**

*Christmas Break*

3  
**Breakfast Pizza**  
*Apple Cinnamon Muffin*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

4  
**Biscuits & Gravy**  
*Powder Sugar Donut*  
Pick Two Option  
  
Raisins  
100% Fruit Juice

5  
**Egg, Ham, & Cheese Flatbread**  
*Mini Cinnamon French Toast*  
Pick Two Option  
  
Diced Peach Cup  
100% Fruit Juice

8  
**Mini Pancakes**  
*Breakfast Pizza*  
Pick Two Option  
  
Diced Pear Cup  
100% Fruit Juice

9  
**Turkey Pancake Wrap**  
*Banana Muffin*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

10  
**Scrambled Eggs w/ Sausage**  
*Cinnamon Raisin Bagel*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

11  
**Cinnamon Sugar Donut Holes**  
*Apple Bosco Stick*  
Pick Two Option  
  
Raisins  
100% Fruit Juice

12  
**Turkey Sausage Sandwich**  
*Waffles w/ Syrup*  
Pick Two Option  
  
Diced Peach Cup  
100% Fruit Juice

15  
**No School**  
*Martin Luther King Jr. Day*

16  
**Breakfast Pizza**  
*Cherry Frudel*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

17  
**Bacon, Egg, & Cheese Burrito**  
*French Toast Sticks*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

18  
**Blueberry Bagel Biscuits & Gravy**  
Pick Two Option  
  
Raisins  
100% Fruit Juice

19  
**Country Chicken Biscuit**  
*Glazed Donut*  
Pick Two Option  
  
Diced Peach Cup  
100% Fruit Juice

22  
**Strawberry Mini Bagels**  
*Breakfast Pizza*  
Pick Two Option  
  
Diced Pear Cup  
100% Fruit Juice

23  
**Blueberry Muffin**  
*Turkey Pancake Wrap*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

24  
**Cheesy Scrambled Eggs w/ Hashbrown**  
*Mini Pancakes*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

25  
**Apple Frudel**  
*Powder Sugar Donut Holes*  
Pick Two Option  
  
Raisins  
100% Fruit Juice

26  
**Cheesy Sausage & Egg Burrito**  
*Oatmeal Raisin Round*  
Pick Two Option  
  
Diced Peach Cup  
100% Fruit Juice

29  
**Breakfast Pizza**  
*Waffles w/ Syrup*  
Pick Two Option  
  
Diced Pear Cup  
100% Fruit Juice

30  
**Bacon, Egg, & Cheese Flatbread**  
*Glazed Cinnamon Roll*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

31  
**Cheesy Ham, Egg, & Potato Taco**  
*Apple Bosco Stick*  
Pick Two Option  
  
Mixed Fruit Cup  
100% Fruit Juice

1  
**Pancakes w/ Syrup**  
*Scrambled Eggs w/ Sausage*  
Pick Two Option  
  
Raisins  
100% Fruit Juice

2  
**Cinnamon Sugar Donut**  
*Chocolate Chip Muffin*  
Pick Two Option  
  
Diced Peach Cup  
100% Fruit Juice

Email: [kbrueggeman@altonschools.org](mailto:kbrueggeman@altonschools.org) with any questions or concerns

For Menu Nutrition: Please visit <http://altonschools.schooldish.org>

### Pick Two Option

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

Fat Free White & Chocolate Milk served daily.