



Alton High Breakfast Menu

February 2018

1

2

3

1

Pancakes w/ Syrup
Scrambled Eggs w/ Sausage
 Pick Two Option

Applesauce
 100% Fruit Juice

2

Cinnamon Sugar Donut
Chocolate Chip Muffin
 Pick Two Option

5

Breakfast Pizza
Apple Frudel
 Pick Two Option

Diced Pear Cup
 100% Fruit Juice

6

Turkey Pancake Wrap
Blueberry Bagel
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

7

Country Chicken Biscuit
Apple Cinnamon Muffin
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

8

Powder Sugar Donut Holes
Biscuit & Gravy
 Pick Two Option

Raisins
 100% Fruit Juice

9

French Toast Sticks
Egg, Ham, & Cheese Flatbread
 Pick Two Option

Diced Peach Cup
 100% Fruit Juice

12

Mini Pancakes
Breakfast Pizza
 Pick Two Option

Raisins
 100% Fruit Juice

13

Banana Muffin
Glazed Donut
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

14

Scrambled Eggs w/ Sausage
Cinnamon Raisin Bagel
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

15

Apple Bosco Stick
Waffles w/ Syrup
 Pick Two Option

Raisins
 100% Fruit Juice

16

No School
Teacher Institute

19

No School
Presidents' Day

20

Breakfast Pizza
Cherry Frudel
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

21

Bacon, Egg, & Cheese Burrito
Mini French Toast
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

22

Biscuit & Gravy
Blueberry Bagel
 Pick Two Option

Raisins
 100% Fruit Juice

23

Sugar Cinnamon Donut Holes
Chicken Biscuit Sandwich
 Pick Two Option

Diced Peach Cup
 100% Fruit Juice

26

Breakfast Pizza
Mini Strawberry Bagels
 Pick Two Option

Diced Pear Cup
 100% Fruit Juice

27

Blueberry Muffin
Turkey Pancake Wrap
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

28

Mini Pancakes
Glazed Cinnamon Roll
 Pick Two Option

Mixed Fruit Cup
 100% Fruit Juice

1

Powder Sugar Donut Holes
Biscuit & Gravy
 Pick Two Option

Diced Pear Cup
 100% Fruit Juice

2

Cinnamon Raisin Breakfast Round
Sausage, Egg, & Cheese Burrito
 Pick Two Option

Diced Peach Cup
 100% Fruit Juice

Email: kbrueggeman@altonschools.org with any questions or concerns

For Menu Nutrition: Please visit <http://altonschools.schoolish.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.