



Alton High School Breakfast Menu

April 2018

2

NO SCHOOL

Spring Break

3

Blueberry Muffin

Turkey Pancake
Wrap
Pick Two Option

Diced Pears
100% Fruit Juice

4

Mini Pancakes

Scrambled Eggs w/
Sausage
Pick Two Option

Mixed Fruit
100% Fruit Juice

5

Powder Sugar Donut Holes

Breakfast Chicken
Sandwich
Pick Two Option

Raisins
100% Fruit Juice

6

Cinnamon Raisin Breakfast Round

Sausage, Egg, & Cheese
Burrito
Pick Two Option

Diced Peaches
100% Fruit Juice

9

Breakfast Pizza

Waffles w/ Syrup
Pick Two Option

Applesauce
100% Fruit Juice

10

Cinnamon Roll

Bacon, Egg, & Cheese
Flatbread
Pick Two Option

Diced Pears
100% Fruit Juice

11

Egg, Ham, & Cheese Taco

Apple Bosco Stick
Pick Two Option

Mixed Fruit
100% Fruit Juice

12

Pancakes w/ Syrup

Scrambled Eggs w/
Hash brown
Pick Two Option

Raisins
100% Fruit Juice

13

Cinnamon Sugar Donut

Chocolate Muffin
Pick Two Option

Diced Peaches
100% Fruit Juice

16

Apple Frudel

Breakfast Pizza
Pick Two Option

Applesauce
100% Fruit Juice

17

Blueberry Bagel

Turkey Pancake
Wrap
Pick Two Option

Diced Pears
100% Fruit Juice

18

Apple Cinnamon Muffin

Breakfast Chicken
Sandwich
Pick Two Option

Mixed Fruit
100% Fruit Juice

19

Glazed Donut Holes

Biscuit & Gravy
Pick Two Option

Raisins
100% Fruit Juice

20

French Toast Sticks w/ Syrup

Egg, Ham, & Cheese
Flatbread
Pick Two Option

Diced Peaches
100% Fruit Juice

23

Breakfast Pizza

Mini Pancakes
Pick Two Option

Applesauce
100% Fruit Juice

24

Vanilla Glaze Donut

Banana Muffin
Pick Two Option

Diced Pears
100% Fruit Juice

25

Scramble Eggs w/ Sausage

Mini French Toast
Pick Two Option

Mixed Fruit
100% Fruit Juice

26

Waffles w/ Syrup

Apple Bosco Stick
Pick Two Option

Raisins
100% Fruit Juice

27

Turkey Sausage Sandwich

Cinnamon Roll
Pick Two Option

Diced Peaches
100% Fruit Juice

30

Biscuit & Gravy

Oatmeal Benefit Bar
Pick Two Option

Applesauce
100% Fruit Juice

1

Cherry Frudel

Breakfast Pizza
Pick Two Option

Diced Pears
100% Fruit Juice

2

Bacon, Egg, Cheese Burrito

French Toast Sticks w/
Syrup
Pick Two Option

Mixed Fruit
100% Fruit Juice

3

Cinnamon Sugar Donut Holes

Blueberry Bagel
Pick Two Option

Raisins
100% Fruit Juice

4

Turkey Pancake Wrap

Breakfast Chicken
Sandwich
Pick Two Option

Diced Peaches
100% Fruit Juice

Email: 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.