



Alton High School Breakfast Menu

May 2018

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

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

7

Breakfast Pizza
Mini Strawberry Bagel
 Pick Two Option

Applesauce
 100% Fruit Juice

8

Blueberry Muffin
Turkey Pancake Wrap
 Pick Two Option

Diced Pears
 100% Fruit Juice

9

Mini Pancakes
Scrambled Egg w/ Hash brown
 Pick Two Option

Mixed Fruit
 100% Fruit Juice

10

Powder Sugar Donut Holes
Biscuit & Gravy
 Pick Two Option

Raisins
 100% Fruit Juice

11

Blueberry Muffin
French Toast w/ Syrup
 Pick Two Option

Diced Peaches
 100% Fruit Juice

14

Waffles w/ Syrup
Breakfast Pizza
 Pick Two Option

Applesauce
 100% Fruit Juice

15

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

Diced Pears
 100% Fruit Juice

16

Apple Bosco Stick
Ham, Egg, & Cheese Taco
 Pick Two Option

Mixed Fruit
 100% Fruit Juice

17

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

Raisins
 100% Fruit Juice

18

Sugar Cinnamon Donut
Chocolate Muffin
 Pick Two Option

Diced Peaches
 100% Fruit Juice

21

Breakfast Pizza
Apple Frudel
 Pick Two Option

Applesauce
 100% Fruit Juice

22

23

24

25

28

29

30

31

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.