



Alburnett breakfast and lunch menus

November

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2023-2024 meal pricing</u> Breakfast *Available to all students every day* PreK-12 students \$1.70 Adults/guests \$2.05</p> <p>Lunch PreK-5 \$2.60 6-8 \$2.65 9-12 \$2.70 Adults/guests \$4.85 Grab & go salad \$2.75 A la carte entrée (grades 5-12) \$1.75 Milk \$.45</p>		<p>1 Sausage gravy & buttermilk biscuit</p> <p>Popcorn chicken/dipping sauce *Local food spotlight-Baked potato bar (cheese, butter, sour cream) Steamed broccoli with cheese Fresh grape tomatoes & celery sticks Fresh apple wedges/peanut butter Watermelon & cantaloupe Animal crackers Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Breaded fish nuggets/tartar sauce</p>	<p>2 Muffin, yogurt</p> <p>Super-stacked grilled cheese on Texas toast Tomato soup/crackers Coleslaw, potato, pasta salads Tossed salad greens/dressing Variety of fresh vegetables/dip Pineapple Mixed fruit/berries Chocolate grahams Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Burger (cheese)/bun</p>	<p>3</p> <p>No school</p>
<p>6 Pancake sausage bites/syrup</p> <p>Stuffed crust cheese or pepperoni pizza* Marinara dipping sauce California blend vegetables with cheese Tossed salad greens/dressing Carrots/dip Fresh pears Fruit & yogurt parfait with granola Whole Fruit frozen juice cups Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Spicy chicken pataty*/bun*</p>	<p>7 Bacon, egg & cheese biscuit</p> <p>Breaded* or grilled chicken/bun* Lettuce, mayo Roasted red potatoes *Homemade recipe Variety of fresh vegetables/dip Rainbow applesauce Watermelon & cantaloupe Craisins & raisins Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Turkey, cheese & bacon sub sandwich/homemade dill spread *Customer favorite!</p>	<p>8 Breakfast pizza</p> <p>Walking taco/tortilla chips* Shredded cheese & lettuce, salsa, sour cream Refried beans *Local food spotlight-Fresh pepper strips, DoD Fresh apple & orange wedges Mixed fruit cup Cinnamon <i>Churro</i> Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Chicken <i>Crispitos</i>*</p>	<p>9 *New item! Waffle breakfast sandwich</p> <p>All-beef hot dog or BBQ rib/bun* Sun chips* Baked beans Celery/peanut butter Mixed berry cups Blushing pears Fresh-baked cookie* Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Sriracha honey chicken *Student favorite</p>	<p>10 Egg bake with hash browns, toast</p> <p>Pepperoni pasta *Homemade favorite recipe! Fresh-baked roll/butter *Local food spotlight-Seasoned green beans, Iowa Food Hub Tossed salad greens/dressing Cottage cheese Summer fruit salad Peaches Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Supreme pizza</p>
<p>13 Ham & cheese croissant</p> <p>Chicken tenders*/dipping sauce Rice pilaf* *Local food spotlight-Cucumbers & grape tomatoes, Iowa Food Hub/DoD Grapes Pineapple & mandarin oranges Animal crackers Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-*New item-Breaded beef tenders/dipping sauce</p>	<p>14 Pancakes/syrup</p> <p>French toast*/syrup Sausage links Variety of juice Carrots & broccoli/dip Variety of applesauce cups Strawberries & bananas *Taste-test Tuesday-*New-Simply Wholesome strawberry oatmeal bar Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Egg & cheese biscuit*</p>	<p>15 Frosted long john donut</p> <p>Spaghetti* with meat sauce *plain noodles* available Breadstick* Tossed salad greens/dressing Fresh broccoli & cauliflower/dip <i>Chobani</i> blueberry yogurt Pears Watermelon & cantaloupe Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Chicken Alfredo/pasta*</p>	<p>16 Homemade breakfast burrito/salsa</p> <p>Pizza boat* or cheese pizza* Marinara dipping sauce *Local food spotlight-Iowa sweet corn or honey-glazed carrots, Iowa Food Hub Coleslaw, potato & pasta salads Purple & gold fruit cup Fresh raspberries & strawberries Animal crackers* Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Calzone</p>	<p>17 Mini cinnamon waffles/syrup</p> <p>Maidrite or pizza burger/bun *New K-12 entrée option Sliced onions, pickles Smile fries Cheddar cheese cubes Mandarin oranges Fresh pears & grapes Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Grilled chicken with bacon & Swiss/bun</p>
<p>20 Sausage & cheese croissant</p> <p>Flame-broiled beef burger/bun* Shredded lettuce, sliced tomato, cheese *Local food spotlight-Country blend vegetables Baked beans Cucumbers & grape tomatoes Watermelon & grapes *Local food spotlight-Apple chips, Wilson's Orchard & Farm Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Mini corn dogs</p>	<p>21</p> <p>Cook& choice breakfast & lunch menus TBA</p>	<p>22</p> <p>Chili or chicken noodle soup/crackers Frosted cinnamon roll* Tossed salad greens/dressing String cheese *Local food spotlight-Cucumber slices, DoD Variety of applesauce cups Watermelon Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Baked potato soup/crackers</p>	<p>23</p> <p>No school Have a nice break!</p>	<p>24</p>
<p>27 Warm apple <i>Frudel</i> pastry</p> <p>Sausage or cheese pizza* Go-gurt yogurt tubes Fresh broccoli & grape tomatoes/hummus Bananas & grapes Purple & gold fruit cup Chocolate or cinnamon grahams Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Honey BBQ pulled pork/bun*</p>	<p>28 Scrambled eggs, toast</p> <p>Macaroni & cheese* Lil Smokies Tossed salad greens/dressing *Local food spotlight-Fresh pepper strips, Iowa Food Hub Strawberries & bananas Fresh pears *Local food spotlight-Variety of frozen yogurt, Country View Dairy or rainbow sherbet Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Chicken quesadilla</p>	<p>29 Sausage links, breakfast potatoes</p> <p>Chili or chicken noodle soup/crackers Tossed salad greens/dressing String cheese *Local food spotlight-Cucumber slices, DoD Variety of applesauce cups Watermelon Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Baked potato soup/crackers</p>	<p>30 Breakfast pizza</p> <p>Breaded pork tenderloin* *Local food spotlight-Baked potato, Iowa Food Hub Sour cream/butter Steamed broccoli with cheese Fresh-baked dinner roll*/butter Tossed salad greens/dressing Cinnamon applesauce Mixed berry cups Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Breaded chicken drumstick*</p>	

Students have the choice of each menu item (including milk) but must choose at least 3, including a minimum of 1/2 cup fruits/vegetables) to equal a reimbursable meal. Students are encouraged to take a reimbursable meal.

Breakfast includes a variety of cereal*, toast*, choice of fresh and cupped fruit, fruit or vegetable juice and choice of milk.

Menus are subject to change. Changes are posted on the school website and live on the flyer app

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