



# Alburnett breakfast and lunch menus

## January

Monday	Tuesday	Wednesday	Thursday	Friday
1  No school	2  No school	3 Pancakes/syrup  French bread pizza boat/cheese or sausage pizza <b>*Local food spotlight-Seasoned green beans-Iowa Food Hub</b> Tossed salad greens/dressing Cottage cheese Fresh apple & orange wedges Celery/peanut butter <i>Whole fruit</i> frozen juice cup Grahams or animal crackers Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pizza burger/bun	4 Breakfast pizza  Chicken nuggets/dipping sauce Mashed potatoes/gravy Breadstick or dinner roll/butter Fresh broccoli/dip or hummus Coleslaw, potato salad, pasta salad Variety of applesauce Strawberries & bananas Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded Cod nuggets/tartar sauce	5 French toast/syrup  BBQ meatballs (plain for PK-5 with sauce on the side) Wild rice blend Frosted cinnamon roll Carrots/dip Kiwi & grapes Mandarin oranges Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Mandarin orange chicken
8 Pancake and sausage on a stick  Soft-shell beef taco or chicken fajita/tortilla Salsa, sour cream, cheese, lettuce Carrots & grape tomatoes/dip or hummus Banana Mixed fruit cup Fresh-baked cookie Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Crispitos	9 Frosted cinnamon roll  Macaroni & cheese 'Lil Smokies Variety of fresh vegetables/dip & variety of flavored hummus Pineapple & mandarin oranges Melon Blueberry or chocolate muffin Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Deli sandwich	10 Bacon, egg & cheese biscuit  All-beef hot dog or BBQ rib/bun Smile fries Cucumbers & broccoli/hummus Fresh apple wedges Pears Cinnamon <i>Churro</i> Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sriracha honey chicken	11 Scrambled eggs, toast  Super-stacked grilled cheese on Texas toast Tomato soup/crackers Tossed salad greens/dressing Fresh orange wedges Peaches Rice Krispie treat Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -BBQ pork/bun	12 Bagels/cream cheese, yogurt  Breaded chicken sandwich (lettuce, mayo) Oven-baked regular and sweet potato fries Carrot & celery sticks/dip Grapes & strawberries Apple salad with vanilla yogurt Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Supreme pizza  *1:00 dismissal
15  No school	16 Pancake sausage bites/syrup  Spaghetti with meat or marinara sauce *Plain, buttered noodles available Garlic breadstick Tossed salad greens/dressing Fresh broccoli & cauliflower/dip Blushing pears Fresh orange wedges Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chicken Alfredo/pasta	17 Breakfast burrito/salsa  Popcorn chicken/dipping sauce Rice pilaf Broccoli with cheese Cucumber slices/dip Variety of fresh fruit <b>*Local food spotlight-Frozen yogurt -Country View Dairy</b> Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Beef teriyaki dippers	18 Waffles/syrup  Breaded pork tenderloin Mashed potatoes/gravy Fresh-baked roll/butter Carrots/dip Pineapple & mandarin oranges Strawberries & bananas Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Salisbury steak	19 Homemade egg bake/toast  Stuffed crust pepperoni or cheese pizza Marinara dipping sauce <b>*Local food spotlight-Iowa sweet corn-Iowa Food Hub</b> Tossed salad greens/dressing Mixed fruit cup Fresh apple wedges Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Turkey, bacon & Swiss sub/homemade dill spread
22 Ham & cheese croissant  <i>Maidrite</i> or pizza burger/bun Variety of baked Lay's chips Baked beans Fresh broccoli & cauliflower/dip Fresh pears or bananas Peaches Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sausage pizza	23 Sausage gravy/buttermilk biscuit  French toast/syrup Sausage links Variety of fresh vegetables/dip or hummus Variety of applesauce Yogurt/granola Mixed berry cup Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Egg & cheese biscuit	24 Pancakes/syrup  Corn dog <b>*Local food spotlight-Baked potato bar</b> Sour cream, cheese, butter Steamed broccoli Tossed salad greens/dressing Purple & gold fruit cup <i>Whole fruit</i> frozen juice cup Chocolate chip oatmeal bar Choice of milk <u>Elem Alternate</u> -Pirate pack <u>MS/HS alternate</u> -BBQ meatballs	25 Breakfast pizza  Beef nachos/tortilla chips/queso Salsa, sour cream, lettuce Refried beans String cheese Celery with peanut butter Variety of fresh fruit Chocolate Elf grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Regular or spicy chicken sandwich	26  Cook's choice breakfast & lunch menus TBA
29 Sausage links & hash brown patty  Grilled burger/bun *cheese optional Oven-baked tater tots Coleslaw, potato salad, pasta salad Fresh pepper strips/dip Fresh orange wedges Pineapple Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -BBQ pork/bun	30 Cinnamon swirl coffee cake  Breakfast pizza Hash brown Fruit juice Variety of fresh vegetables/dip Citrus fruit cup Fresh pear wedges Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sausage gravy over buttermilk biscuit	31 Omelet, toast  Mandarin orange chicken or popcorn chicken/dipping sauce Rice pilaf Cheese-filled breadstick/marinara Tossed salad greens/dressing Grapes & strawberries Variety of applesauce Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Shrimp poppers	<p align="center"><b>2023-2024 meal pricing</b></p> <p align="center">Breakfast *Available to all students every day*</p> <p align="center">PreK-12 students \$1.70 Adults/guests \$2.05</p> <p align="center">Lunch PreK-5 \$2.60 6-8 \$2.65 9-12 \$2.70 Adults/guests \$4.85 "Grab &amp; go" salad \$2.75 A la carte entrée (grades 5-12) \$1.75 Milk \$.45</p>	

Menus are subject to change. Adjustments are posted on the school website and on the Reachwell app.

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