



Alburnett breakfast and lunch menus

February 2024

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>*Indicates whole grain/whole grain-rich products</p>			<p>1 Sausage gravy/buttermilk biscuit*</p> <p>Pepperoni pasta* Homemade favorite! Fresh-baked dinner roll*/butter String or Colby Jack cheese stick Fresh broccoli & cauliflower/dip Strawberry cups Cuties</p> <p>*Local food spotlight-Variety of frozen yogurt-Country View Dairy Choice of milk Elem alternate-Pirate pack MS/HS alternate-Toasted Italian sub</p>	<p>2 Scrambled eggs/toast*</p> <p>Cheese or sausage pizza* Tossed salad greens with fresh spinach leaves/dressing Grape tomatoes/dip or hummus Pineapple & mandarin oranges Rainbow applesauce Animal crackers Choice of milk Elem alternate-Pirate pack MS/HS alternate-Pepperoni or Buffalo Chicken Calzone* New menu item</p>
<p>5 Breakfast pizza*</p> <p>Breaded* or grilled chicken/bun* Lettuce, mayo Smile fries Fresh carrots & celery/dip Pears Whole fruit frozen juice cups Goldfish crackers Choice of milk Elem alternate-Pirate pack MS/HS alternate-Pizza burger/bun*</p>	<p>6 Belgian waffle sticks*/syrup</p> <p>Spaghetti* with meat sauce Garlic breadstick* Tossed salad greens with Romaine & Spring mix/dressing Variety of fresh vegetables/dip Mandarin oranges Watermelon Choice of milk Elem alternate-Pirate pack MS/HS alternate-Chicken Alfredo/pasta*</p>	<p>7 Homemade egg bake casserole/toast*</p> <p>Crispy chicken tenders*/dipping sauce Rice pilaf* *Local food spotlight-Honey-glazed carrots-Iowa Food Hub Cucumbers/dip Variety of fresh fruit Strawberries & bananas Choice of milk Elem alternate-Pirate pack MS/HS alternate-Shrimp poppers*/cocktail sauce</p>	<p>8 Mini pancakes*/syrup</p> <p>Walking taco/Doritos* Sour cream, salsa, shredded lettuce Refried beans Fresh pepper strips/dip or hummus Mixed fruit cup Fresh apple wedges Variety of graham's* Choice of milk Elem alternate-Pirate pack MS/HS alternate-Chicken Crispiitos*</p>	<p>9 Bacon, egg & cheese croissant*</p> <p>Hot ham & cheese/bun* or PB&J Uncrustable* (K-12 option) Bosco stick*/marinara *Local food spotlight-Broccoli with cheese-USA Iowa Peach, applesauce & strawberry cups Raisins & craisins Simply Wholesome apple oatmeal bar* Choice of milk Elem alternate-Pirate pack MS/HS alternate-Spicy chicken/bun*</p>
<p>12 Bagels*/cream cheese, yogurt</p> <p>All-beef hot dog or BBQ rib/bun* Sun chips* BBQ baked beans Coleslaw, potato & pasta salads Vanilla or Chobani strawberry yogurt/granola Mixed berry cups Peaches Choice of milk Elem alternate-Pirate pack MS/HS alternate-Sriracha honey chicken*Student favorite!</p>	<p>13 Pancake & sausage on a stick*</p> <p>Chicken noodle soup or chili/crackers Fresh-baked frosted cinnamon roll* String cheese or cheese cubes Tossed salad greens/dressing Fresh broccoli & cauliflower/dip Mixed fruit cup Fresh orange wedges Choice of milk Elem alternate-Pirate pack MS/HS alternate-Creamy potato with bacon soup/crackers</p>	<p>14 Breakfast sausage pizza bagel* New</p> <p>Macaroni & cheese* Lil Smokies *Local food spotlight-Seasoned green beans-Iowa Food Hub Fresh carrots & cucumbers/dip Red & green apple slices/peanut butter Fresh strawberries & grapes Oreo fluff Choice of milk Elem alternate-Pirate pack MS/HS alternate-Deli sandwich *Mrs. Mart's 2nd grade menu</p>	<p>15 Homemade breakfast burrito/salsa</p> <p>Breaded pork tenderloin* *Local food spotlight-Baked potato bar-Iowa Food Hub Dinner roll*/butter Celery/peanut butter Purple & gold fruit cup Blushing pears Fresh-baked cookie* Choice of milk Elem alternate-Pirate pack MS/HS alternate-Breaded chicken drumstick* Customer favorite!</p>	<p>16 French toast/syrup</p> <p>Pizza boat* or cheese pizza* Marinara dipping sauce *Local food spotlight- Seasoned peas or Iowa sweet corn, Iowa Food Hub Tossed salad greens/dressing Pineapple & mandarin oranges Fresh kiwi & grapes Choice of milk Elem alternate-Pirate pack MS/HS alternate-Boneless Buffalo wings *Student favorite</p>
<p>19</p> <p>Cook's choice breakfast & lunch menu TBA</p>	<p>20 Egg & cheese biscuit*</p> <p>Oven-roasted turkey Mashed potatoes/gravy Buttermilk biscuit* Variety of fresh vegetables/dip Fresh apple wedges Strawberries & bananas Confetti Rice Krispie treat* Choice of milk Elem alternate-Pirate pack MS/HS alternate-Salisbury steak</p>	<p>21 Mini maple waffles*/syrup</p> <p>Breakfast pizza* Hash brown Go-Gurt or D'Animals yogurt Variety of fruit & vegetable juice Cucumbers & grape tomatoes/dip Fresh pear wedges Mixed fruit cup Choice of milk Elem alternate-Pirate pack MS/HS alternate-Sausage gravy over buttermilk biscuit*</p>	<p>22 Cinnamon swirl coffee cake*</p> <p>Flame-broiled burger/bun* (cheese optional) Regular & sweet potato fries Fresh broccoli & cauliflower/dip *Local food spotlight-Dried apple chips-Buffalo Ridge Orchard Fresh orange wedges Choice of milk Elem alternate-Pirate pack MS/HS alternate-Honey BBQ pulled pork/bun*</p>	<p>23 Warm Pillsbury Frudel*</p> <p>Seasoned beef/Tostitos*/Queso or nacho cheese Salsa, sour cream, shredded lettuce Mexican Fiesta rice* Fresh pepper strips/dip Mandarin oranges Strawberries & blueberries Choice of milk Elem alternate-Pirate pack MS/HS alternate-Chicken & cheese burrito* New menu item</p>
<p>26 Pancake sausage bites*/syrup</p> <p>Stuffed crust pepperoni or cheese pizza* Marinara dipping sauce *Local food spotlight-Roasted Butternut Squash-Iowa Food Hub Coleslaw, potato & pasta salads Cuties & grapes Pears Choice of milk Elem alternate-Pirate pack MS/HS alternate-Corn dog*</p>	<p>27 Sausage & hash browns, toast*</p> <p>Mandarin orange chicken* or popcorn chicken*/dipping sauce Wild & long-grain rice* Cheese-filled breadstick* Carrots & sugar snap peas/dip or hummus Mixed fruit cup Variety of apples/peanut butter Choice of milk Elem alternate-Pirate pack MS/HS alternate-Breaded Cod nuggets*/tartar sauce</p>	<p>28 Buttermilk pancakes*/syrup</p> <p>Super-stacked grilled cheese on Texas toast* Tomato soup/crackers Tossed salad greens/dressing Variety of fresh vegetables/dip Purple & gold fruit cup (pineapple & blueberries) Bananas Choice of milk Elem alternate-Pirate pack MS/HS alternate-Turkey, bacon & Swiss sub*/homemade dill spread</p>	<p>29 Breakfast pizza*</p> <p>French toast*/syrup Sausage links Broccoli & cauliflower/dip or hummus Peaches *Local food spotlight-Apple salad-Yogurt-Country View Dairy Whole fruit frozen juice cups Choice of milk Elem alternate-Pirate pack MS/HS alternate-Supreme* or Buffalo chicken pizza*</p>	

- Please indicate any food allergies/intolerances to the Nutrition Department and/or School Nurse. Medical documentation is required for food substitutions. We are happy to work with you to ensure your child receives healthy, appealing meals that fit all dietetic/nutritional needs.
- 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 (peanut butter/jelly), choice of fresh and cupped fruit, fruit & vegetables 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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