



Alburnett breakfast and lunch menus

March

Monday	Tuesday	Wednesday	Thursday	Friday
4 Belgian waffle sticks/syrup Crispy chicken nuggets/dipping sauce or BBQ meatballs (K-12 option) Cheese-filled breadstick *Local food spotlight-Seasoned green beans-Iowa Food Hub Carrots/dip or hummus Fresh apple & orange wedges Cinnamon applesauce Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Country fried breaded beef strips/dipping sauce	5 Hash browns, sausage links Breakfast pizza Seasoned potato wedges Variety of fruit/vegetable juice Celery/peanut butter *Local food spotlight-Vanilla yogurt-Country View Dairy Peaches Mixed berries Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sausage gravy over buttermilk biscuit	6 Scrambled eggs, bacon, toast Corndog or BBQ rib/bun (K-12 option) Smile fries Cottage cheese Cucumbers & grape tomatoes/dip Grapes Pineapple & mandarin oranges <i>Whole fruit</i> frozen juice cups Rice Krispie treat Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Beef teriyaki dippers	7 Frosted cinnamon roll Soft-shell beef taco or chicken fajita Salsa, sour cream, cheese, shredded lettuce Garlic Texas toast Fresh pepper strips & broccoli/dip Strawberries & bananas Blushing pears Cinnamon grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chicken & chili <i>Crispitos</i>	8 Egg & cheese biscuit Stuffed crust cheese or pepperoni pizza California blend vegetables with cheese Tossed salad greens/dressing Variety of fresh vegetables/dip Watermelon & cantaloupe Cinnamon grahams Rainbow applesauce Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Supreme or Buffalo chicken pizza
<h1>No school</h1>				
18 Pancake sausage bites/syrup Hot ham & cheese/bun* or PB&J <i>Uncrustable*</i> (K-12 option) <i>Busco</i> stick*/marinara dipping sauce *Local food spotlight-Broccoli with cheese-USDA Iowa Carrots/dip Apple wedges Mandarin oranges <i>Simply Wholesome</i> apple oatmeal bar* Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pizza burger/bun*	19 French toast/syrup Pizza boat* or cheese pizza* Marinara dipping sauce *Local food spotlight- Iowa sweet corn, Iowa Food Hub Coleslaw, potato salad & pasta salads Pineapple Fresh kiwi & grapes Animal crackers Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Boneless Buffalo wings/dipping sauce *Student favorite	20 Mini pancakes/syrup 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 <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Creamy potato with bacon soup/crackers	21 Breakfast pizza Grilled or breaded chicken/bun* Tostitos/regular or black bean salsa BBQ baked beans Cucumbers/dip Vanilla or <i>Chobani</i> strawberry yogurt/granola Mixed berry & strawberry cups Peaches Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sriracha honey chicken* Student favorite!	22 Homemade egg bake/toast Spaghetti with meat or marinara sauce *plain pasta available Garlic breadstick Tossed salad greens/dressing Celery & grape tomatoes/dip Variety of applesauce cups Fresh pears & bananas Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Alfredo & pasta with or without chicken
25 Sausage & cheese croissant Grilled hamburger/bun *cheese optional (pickles) Regular & sweet potato crinkle fries Fresh pepper strips/dip Cuties Purple & gold fruit cup *Local food spotlight-Variety of frozen yogurt-Country View Dairy Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pulled BBQ pork/bun	26 Mini <i>Eggo</i> waffles/syrup Mandarin orange chicken *Student favorite or popcorn chicken/dipping sauce Rice Pilaf Carrots & celery/dip Cantaloupe & honeydew melon Mixed fruit cup Chocolate or cinnamon grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded fish nuggets/tartar sauce	27 Pancake and sausage on a stick Breaded pork tenderloin Mashed potatoes/gravy Fresh-baked dinner roll/butter Broccoli & cauliflower/dip <i>Whole Fruit</i> frozen fruit cup Fresh apple wedges/peanut butter Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Salisbury steak	28 Breakfast burrito/salsa Walking taco (meat & cheese)/Doritos Salsa, sour cream, shredded lettuce Cinnamon <i>Churro</i> Variety of fresh vegetables/dip Blushing pears Strawberries & bananas Fresh-baked cookie Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chicken & cheese burrito/Queso	29 No school
<p style="text-align: center;">2023-2024 meal pricing</p> <p>Breakfast *Available to all students every day*</p> <p>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 ðGrab & goð salad \$2.75 A la carte entrée (grades 5-12) \$1.75 Milk \$.45</p> <p>*Indicates whole grain/whole grain-rich products</p>		<ul style="list-style-type: none"> • 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. <p style="text-align: center;"><i>Menus are subject to change. Changes are posted on the school website and live on the flyer app</i></p> <p style="text-align: center;">ðThis institution is an equal opportunity providerð</p>		