



## Alburnett breakfast and lunch menus

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our salad bar is now available to students in grades 5th-12th <b>every day!</b></p> <p>WG=Whole Grain</p> <p>Breakfast includes your choice of 100% fruit juice or chilled fruit, 1%, skim or skim chocolate milk, and toast with peanut butter and/or jelly. Choices for milk also offered with lunch.</p> <p>*Menus subject to change*</p> <p>Please share your ideas and suggestions with us!  <a href="mailto:drawson@alburnett.k12.ia.us">drawson@alburnett.k12.ia.us</a></p>				<p>1 Choice of cereal, oatmeal</p> <p>Pepperoni or cheese pizza with WG stuffed crust  <u>Alternate:</u> Vegetarian lasagna            Marinara sauce            Tossed salad with Iceberg or Romaine/dressing            Chilled peaches            Minute Maid juice bar            Milk</p>
<p>4 Cheese omelet</p> <p>Grilled chicken on a WG bun (lettuce, tomato)  <u>Alternate:</u> Cook's choice            WG Goldfish crackers            Grape tomatoes or pepper strips/dip            Chilled pears            Chocolate or vanilla pudding            Milk</p>	<p>5 Sausage gravy over WG biscuit</p> <p>Salisbury steak  <u>Alternate:</u> Breaded pork fritter            Mashed potatoes/gravy            Fresh-baked wheat roll            Orange or raspberry sherbet            Milk</p>	<p>6 Breakfast burrito/salsa</p> <p>Corndog with WG breading  <u>Alternate:</u> Turkey &amp; bacon wrap on WG tortilla            Tostitos            Regular or black bean salsa            Celery with peanut butter            Jell-O with mixed fruit            Milk</p>	<p>7 Breakfast pizza</p> <p>Beef taco on WG tortilla  <u>Alternate:</u> Bean &amp; cheese burrito            Salsa, sour cream, lettuce, tomato            Refried beans            Mexican rice            Fresh pear or apple wedges            Milk</p>	<p>8 Choice of cereal, oatmeal</p> <p>(Cheese) burger on a WG bun  <u>Alternate:</u> Spicy chicken on WG bun            Baked Lay's chips            Sugar snap peas or cucumbers/dip            Cinnamon applesauce            Milk</p>
<p>11 Ham &amp; cheese croissant</p> <p>WG French toast/syrup  <u>Alternate:</u> Egg &amp; cheese on WG biscuit            Sausage links            Baby carrots or fresh broccoli/dip            Strawberries &amp; bananas            Milk</p>	<p>12 WG blueberry muffin, yogurt</p> <p>Breaded cod on WG bun (lettuce, tartar, cheese)  <u>Alternate:</u> Pizza burger on WG bun            Oven-baked tater tots            Baked beans or coleslaw            Fresh orange wedges            Milk</p>	<p>13 Bacon, egg &amp; cheese on WG biscuit</p> <p>WG spaghetti with meat sauce (meat-free sauce available)  <u>Alternate:</u> Chicken Alfredo over WG pasta            Garlic breadstick            Tossed salad/dressing            Chilled peaches or pears            Milk</p>	<p>14 WG pancakes/syrup</p> <p>Popcorn chicken/dipping sauce  <u>Alternate:</u> Chef salad with ham &amp; egg/crackers            Baked potato/sour cream            Steamed broccoli with cheese            Mandarin oranges or pineapple            Milk</p>	<p>15 Choice of cereal, oatmeal</p> <p>WG Mac &amp; cheese  <u>Alternate:</u> PB&amp;J Uncrustable            'Lil Smokies            Seasoned green beans or grape tomatoes            Fresh apple wedges            Milk            *1:05 early dismissal</p>
<p>18 WG apple cinnamon muffin, yogurt</p> <p>BBQ rib on a WG bun  <u>Alternate:</u> Turkey burger on a WG bun            Oven-baked twister fries            Mixed fresh veggies/dip            Blushing pears            Peanut Butter Pixie            Milk</p>	<p>19 WG French toast/syrup</p> <p>Mandarin orange chicken (sauce optional)  <u>Alternate:</u> Cook's choice            WG rice            California blend veggies            Grapes &amp; melon            Fortune cookie            Milk</p>	<p>20 Whole wheat bagel/cream cheese, yogurt</p> <p>Chili/crackers  <u>Alternate:</u> Chicken &amp; wild rice soup            Frosted WG cinnamon roll            Mozzarella cheese stick            Applesauce cup or mixed fruit            Milk</p>	<p>21 Cinnamon roll, sausage links</p> <p>Breaded pork tenderloin on a WG bun  <u>Alternate:</u> Breaded chicken on WG bun            Mashed potatoes/gravy            Seasoned green beans or cucumbers/dip            Fresh pear wedges            Milk</p>	<p>22 Choice of cereal, oatmeal</p> <p>Cheesy Garlic French Bread            Pizza Boat  <u>Alternate:</u> Italian <i>Hot Pocket</i>            Marinara sauce            Tossed salad/dressing            Seasoned corn            Fresh strawberries &amp; kiwi            Milk</p>
<p>25 Scrambled egg bake</p> <p>Hot dog on a WG bun  <u>Alternate:</u> Cheddar brat on a WG bun            WG corn chips            Baby carrots/dip or baked beans            Fresh apple wedges            Milk</p>	<p>26 Pancake/sausage bites</p> <p>Creamy chicken gravy  <u>Alternate:</u> Beef tips &amp; gravy            WG biscuit or rice            Seasoned mixed veggies            Mixed melon or orange wedges            Milk</p>	<p>27 Breakfast pizza</p> <p>Pepperoni pasta  <u>Alternate:</u> Cook's choice            Bosco stick            Marinara sauce            Tossed salad with Iceberg or Romaine/dressing            Chilled pineapple &amp; mandarin oranges            Milk</p>	<p>28 Cheese omelet</p> <p>Chicken tenders with WG breading/dipping sauce  <u>Alternate:</u> Beef nuggets            Garlic &amp; parsley potato cubes            Seasoned green beans            Strawberries or grapes            Milk</p>	