



Alburnett breakfast and lunch menus

April

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3 Pancakes/syrup</p> <p>Flame-grilled burger/bun (cheese optional) Sliced onion, pickles Battered sweet potato & crinkle fries Fresh broccoli & cauliflower/hummus Variety of applesauce Fresh orange wedges Cinnamon grahams Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-BBQ pulled pork/bun</p>	<p>4 Scrambled eggs, bacon, toast</p> <p>Popcorn chicken/dipping sauce Rice pilaf *Local food spotlight-Seasoned Iowa sweet corn-Iowa Food Hub Cucumbers & grape tomatoes/dip Fresh strawberries Mixed fruit cup Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Siracha honey chicken *Student favorite!</p>	<p>5 Sausage, egg & cheese biscuit</p> <p>French bread pizza boat or cheese pizza Marinara sauce Tossed salad greens/dressing Steamed broccoli with cheese Pineapple & mandarin oranges Strawberries & bananas Fresh-baked cookie Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Turkey & bacon sub/Homemade dill spread</p>	<p>6 French toast sticks/syrup</p> <p>Spaghetti with meat sauce *plain noodles available Garlic breadstick Variety of salads-Coleslaw, potato salad, pasta salad Fresh apple wedges *Throwback Thursday-Cream cheese caramel apple dip Blushing pears Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Chicken Alfredo</p>	<p>7</p> <p>No school</p>	
<p>10 Pillsbury Frudel</p> <p>Hot ham & cheese sandwich Smile fries *Student favorite! Steakhouse baked beans Fresh pepper strips/dip or hummus Fresh pears Mandarin oranges Apple salad Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Meatball marinara sub/mozzarella</p>	<p>11 Breakfast pizza</p> <p>French toast/syrup Sausage links Variety of fresh vegetables/hummus or dip Variety of fruit juice Banana *Taste-test Tuesday-Blood oranges Blushing pears Rice Krispie treat Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Bacon, egg & cheese biscuit</p>	<p>12 Pancake and sausage on a stick</p> <p>Corndog Oven-baked tots *Local food spotlight! Seasoned green beans-Iowa Food Hub Cottage cheese Cucumbers/dip Whole fruit frozen juice cup Fresh orange wedges Fruit & yogurt parfait Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-3-cheese Calzone</p>	<p>13 Homemade breakfast burrito/salsa</p> <p>Walking taco/Doritos Sour cream, salsa, lettuce, shredded cheese *New item-Garlic Texas toast Fresh broccoli & cauliflower/hummus Fresh apple wedges Purple & gold fruit cup (Fresh blueberries & pineapple) Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Cheese quesadilla</p>	<p>14 Hash brown, sausage links</p> <p>Sausage or cheese pizza *Local food spotlight! Honey-glazed carrots, Iowa Food Hub Tossed salad greens/dressing Celery/peanut butter Mixed fruit Strawberries & bananas Churro *Student favorite! Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Crispitos/salsa</p>	
<p>17 Sausage gravy/buttermilk biscuit</p> <p>Crispy chicken tenders/dipping sauce Mashed potatoes/gravy Fresh-baked dinner roll/butter Celery/peanut butter Mixed fruit cup Cuties Variety of ice cream/toppings Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Mini corn dogs</p>	<p>18 Variety of muffins, yogurt</p> <p>Seasoned beef/chips/queso Salsa, sour cream, shredded lettuce Southwest guacamole Refried beans Carrots/dip or hummus Peaches Strawberries & blueberries Chocolate chip oatmeal bar Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Fiestada pizza/Doritos</p>	<p>19 *Local food spotlight-Fresh apple cider donuts-Wilson's orchards, Solon</p> <p>Macaroni & cheese -Lil Smokies Breadstick Variety of fresh vegetables/dip Rainbow applesauce Variety of melon Oreo fluff *Student request Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Pizza burger/bun (onion, pickle)</p>	<p>20 Cinnamon swirl French toast/syrup</p> <p>Super-stacked grilled cheese on Texas toast Tomato soup/crackers Tossed salad greens/dressing Cucumbers & grape tomatoes/hummus or dip Summer fruit salad Peaches Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Italian combo sub (lettuce, tomato, pickle)</p>	<p>21</p> <p>Cookø choice breakfast & lunch menus TBA</p> <p>* 1:00 dismissal</p>	
<p>24 Bagels/cream cheese, yogurt</p> <p>Grilled or breaded chicken breast sandwich Lettuce, tomato, mayo Smile fries *Student favorite Carrots & cucumbers/dip Pineapple & mandarin oranges Grapes Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Variety of pizza</p>	<p>25 Ham & cheese croissant</p> <p>All-beef hot dog or BBQ rib/bun Variety of Sun chips Baked beans Variety of fresh vegetables/dip Strawberries & bananas *Taste-test Tuesday-Caracara pink navel oranges Apple salad Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Deli sandwich</p>	<p>26 Mini <i>Eggo</i> waffles/syrup</p> <p>Breakfast pizza Hash brown *Local food spotlight-Yogurt, County View Dairy, Hawkeye/granola Variety of juice Cucumbers & grape tomatoes/dip Cuties Mixed fruit cup Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Sausage, egg & cheese croissant</p>	<p>27 Breakfast pizza</p> <p>Breaded pork tenderloin Mashed potatoes/gravy Fresh-baked dinner roll/butter Go-gurt Broccoli & cauliflower/dip Fresh strawberries Purple & gold fruit cup Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Crispy oven-roasted chicken legs *Student favorite!</p>	<p>28 Scrambled egg bowl with sausage</p> <p>Stuffed crust pepperoni or cheese pizza Marinara sauce *Local food spotlight-Seasoned green beans, Iowa Food Hub Tossed salad greens/dressing Watermelon Pears Choice of milk <u>Elem alternate</u>-Pirate pack <u>MS/HS alternate</u>-Supreme pizza</p>	
<p><u>2022-2023 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 \$4.15 øGrab & goø salad \$2.75 A la carte entrøe (grades 5-12) \$1.75</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, choice of fruit and/or juice and choice of milk. <i>Menus are subject to change. Changes are posted on the school website and live on the flyer app</i> 			
<p>øThis institution is an equal opportunity employerø</p>					