



# Alburnett breakfast and lunch menus

## February

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagels/cream cheese, yogurt  Crispy chicken tenders/dipping sauce Mashed potatoes/gravy Dinner roll/butter Fresh broccoli & coleslaw Variety of applesauce Strawberries & bananas Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded Cod nuggets/tartar sauce or shrimp poppers/cocktail sauce	2 Waffles/syrup  Walking taco (meat) Doritos Refried beans Optional: Salsa, sour cream, lettuce, cheese Broccoli & cauliflower/dip Cuties Pineapple Cinnamon grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Cheese quesadilla	3 Breakfast pizza  BBQ meatballs (plain for PK-5 with sauce on the side) Wild rice blend Frosted cinnamon roll Carrots/dip Grapes Mixed fruit cup Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Mandarin orange chicken
6 Pancake and sausage on a stick  Grilled or breaded chicken sandwich Lettuce, tomato Steakhouse baked beans Variety of pepper strips/dip Blushing pears Whole fruit frozen juice cups Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pulled pork/bun (onion, pickle)	7 Frosted cinnamon roll  Macaroni & cheese *Lil Smokies Breadstick Variety of fresh vegetables/dip & variety of flavored hummus Pineapple & mandarin oranges Melon Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pizza burger/bun (onion, pickle)	8 Bacon, egg & cheese biscuit  Sausage or cheese pizza Tossed salad greens/dressing Cottage cheese, pasta & potato salad Celery/peanut butter <b>*Local food spotlight: Variety of fresh apple wedges: Buffalo Ridge Orchard, Central City, IA</b> Mixed fruit Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -BBQ rib/bun	9 Scrambled eggs, toast  Super-stacked grilled cheese on Texas toast Tomato soup/crackers Tossed salad greens/dressing Cucumbers & grape tomatoes Purple & gold fruit cup Peaches Rice Krispie treat Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Italian combo sub	10 Pancakes/syrup  Hamburger/bun (cheese optional) Sweet potato & regular waffle fries Carrot & celery sticks/dip Grapes & strawberries Apple salad with vanilla yogurt <b>*Local food spotlight: Yogurt: Country View Dairy, Hawkeye, IA and Apples: Buffalo Ridge Orchard, Central City</b> Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Meatball marinara sub  *1:00 dismissal
13 Frosted long john <b>*new item</b>  French toast/syrup Sausage Hash browns or tots Fresh pepper strips/dip or hummus Variety of fruit & vegetable juice Mixed berries <b>*Local food spotlight: Variety of frozen yogurt cups: Country View Dairy, Hawkeye, IA</b> Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Bacon, egg & cheese biscuit	14 Pancake sausage bites/syrup  Chili or chicken noodle soup/crackers Frosted cinnamon roll <b>*Local food spotlight: Fresh Cheddar cheese curds: WW Homestead Dairy, Waukon, IA</b> or string cheese Tossed salad greens & variety of fresh vegetables/hummus Variety of applesauce cups Cuties Choice of milk <u>Elem alternate</u> -Pirate Pack <u>MS/HS alternate</u> -Broccoli or potato soup	15 Homemade breakfast burrito/salsa  Popcorn chicken/dipping sauce Rice pilaf <b>*Local food spotlight: Iowa sweet corn, Iowa Food Hub</b> Cucumber slices/dip Variety of fresh fruit Yogurt with granola Strawberry cups Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Three-cheese calzone/marinara <b>*New item!</b>	16 Hash brown & sausage links  Breaded pork tenderloin Baked potato bar <b>*Local food Spotlight: Potatoes, Iowa Food Hub</b> Butter, Sour cream, cheese Steamed broccoli with cheese Fresh-baked roll/butter Carrots/dip Pineapple & mandarin oranges Banana Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Salisbury steak	17 Sausage gravy/buttermilk biscuit  Stuffed crust pepperoni or cheese pizza Marinara sauce <b>*Local food spotlight: Seasoned green beans &amp; carrots, Iowa Food Hub</b> Tossed salad greens/dressing Rainbow applesauce Fresh pineapple & watermelon Fresh-baked cookie Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Supreme pizza
20 Ham & cheese croissant  Pepperoni pasta Cheese-filled Bosco stick Tossed salad greens/dressing Carrots, broccoli & cucumbers Watermelon & cantaloupe Pineapple & mandarin oranges Goldfish crackers Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sweet Chili Thai chicken <b>*Student favorite!</b>	21 Scrambled egg bake, toast  All-beef hot dog or honey BBQ rib/bun Smile fries Variety of fresh vegetables/dip Applesauce Mixed berry cup Ice cream with a variety of toppings Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pizza burger/bun <b>Taste-test Tuesday: Baked Tortellini with meat sauce *New recipe!</b>	22 Pancakes/syrup  French bread pizza boat or cheese pizza Marinara sauce <b>*Local food spotlight: Peas &amp; carrots, Iowa Food Hub</b> Tossed salad greens/dressing Strawberries & bananas Whole fruit frozen juice cup Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Mini corn dogs	23 Breakfast pizza  Soft-shell beef or chicken taco (meat, cheese) Salsa, sour cream, lettuce Refried beans Celery with peanut butter Variety of fresh fruit Grahams variety Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Regular or spicy chicken sandwich	24  No school
27 Warm Pillsbury frudel  Breakfast pizza Hash brown Variety of juice Fresh pepper strips/dip Fresh orange wedges Blushing pears Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sausage, egg & cheese croissant	28 Breakfast bowl with ham & eggs  Nachos with seasoned beef and cheese Corn tortilla chips Sour cream, salsa Cucumbers & broccoli/hummus Fresh apple wedges/peanut butter Mixed fruit cup Scooby grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Crispitos	<p>2022-2023 meal pricing</p> <p>Breakfast *Available to all students every day*</p> <p>PreK-12 students \$1.70      Reduced \$3.00 Adults/guests \$2.05</p> <p>Lunch PreK-5 \$2.60    6-8 \$2.65    9-12 \$2.70 Reduced-price students \$.40 Adults/guests \$4.15 "Grab &amp; go" salad \$2.75 A la carte entrée (grades 5-12) \$1.75 Snack/extra milk \$.45</p> <p>Menus are subject to change. Adjustments are posted on the school website and App.</p>		
<p>"This institution is an equal opportunity provider"</p>				