



# Alburnett breakfast and lunch menus

## March

Monday	Tuesday	Wednesday	Thursday	Friday
<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            "Grab &amp; go" salad \$2.75            A la carte entrée (grades 5-12) \$1.75            Milk \$.45</p> <p>*This institution is an equal opportunity provider</p>		<p>1 Bacon, egg &amp; cheese biscuit</p> <p>Pepperoni pasta <b>*Homemade favorite!</b>  <i>Bosco</i> stick/marinara sauce            Tossed salad greens/dressing            Variety of fresh vegetables/hummus or dip  <b>*Local food spotlight-Mixed berry parfaits with granola and yogurt from Country View Dairy, Hawkeye</b>            Peaches            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Three-cheese Cal-zone/marinara</p>	<p>2 French toast/syrup</p> <p>Crispy chicken nuggets/dipping sauce            Mashed potatoes/gravy            Dinner roll/butter            Carrots/dip            Grapes &amp; <i>Cuties</i>            Variety of applesauce  <b>Throwback Thursday! Peanut butter pixie</b>            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Breaded Cod nuggets/tartar sauce or Shrimp poppers/cocktail sauce</p>	<p>3</p> <p>No school</p>
<p>6 Scrambled eggs &amp; bacon, toast</p> <p>Hot ham &amp; cheese sandwich            Battered sweet potato &amp; regular fries            Steakhouse baked beans            Fresh pepper strips            Fresh pears            Pineapple &amp; mandarin oranges            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Meatball marinara sub/mozzarella</p>	<p>7 Breakfast pizza</p> <p>French toast/syrup            Sausage links            Variety of fresh vegetables/hummus or dip            Variety of fruit juice            Banana            Blushing pears            Rice Krispie treat            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Bacon, egg &amp; cheese biscuit</p>	<p>8 Pancake and sausage on a stick</p> <p>Mandarin orange chicken (plain popcorn chicken available)            Rice pilaf  <b>*Local food spotlight! Peas &amp; carrots, Iowa Food Hub</b>            Cucumbers/dip            Whole fruit frozen juice cup            Fresh orange wedges            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-BBQ meatballs</p>	<p>9 Homemade breakfast burrito/salsa</p> <p>Walking taco/Doritos            Sour cream, salsa, lettuce            Fresh broccoli &amp; cauliflower/hummus            Fresh apple wedges            Purple &amp; gold fruit cup (Fresh blueberries &amp; pineapple)            Cinnamon grahams            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Cheese quesadilla</p>	<p>10 Hash brown, sausage links</p> <p>Sausage or cheese pizza  <b>*Local food spotlight! Honey-glazed carrots, Iowa Food Hub</b>            Tossed salad greens/dressing            Celery/peanut butter            Mixed fruit            Strawberries &amp; bananas            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Turkey &amp; bacon sub with homemade dill spread</p>
<p>13 Pancakes/syrup</p> <p>Breaded pork tenderloin            Mashed potatoes/gravy            Fresh-baked roll/butter            Carrots &amp; broccoli/dip            Fresh fruit choice            Peaches            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Salisbury steak</p>	<p>14</p> <p>Cook's choice breakfast &amp; lunch menus            TBA</p>	<p>15</p>	<p>No school</p>	
<p>20 Bagels/cream cheese, yogurt</p> <p>Grilled or breaded chicken breast sandwich            Lettuce, tomato, mayo            Smile fries <b>*Student favorite</b>            Carrots &amp; cucumbers/dip            Pineapple &amp; mandarin oranges            Grapes            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Pulled BBQ pork/bun  <b>*1st day of Spring!</b></p>	<p>21 Ham &amp; cheese croissant</p> <p>Seasoned beef/chips/queso            Salsa, sour cream, shredded lettuce            Southwest guacamole <b>*Fan favorite!</b>            Taco fiesta black beans            Fresh pepper strips/dip            Peaches            Strawberries &amp; blueberries            Chocolate chip oatmeal bar            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Fiestada pizza/Doritos</p>	<p>22 Mini <i>Eggo</i> waffles/syrup</p> <p>Breakfast pizza            Hash brown  <b>*Local food spotlight-Yogurt, County View Dairy, Hawkeye/granola</b>            Variety of juice            Cucumbers &amp; grape tomatoes/dip            Cuties            Mixed fruit cup            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Sausage, egg &amp; cheese croissant</p>	<p>23 Pillsbury frudel</p> <p>Oven roasted turkey &amp; gravy            Mashed potatoes            Buttermilk biscuit            Cottage cheese            Broccoli &amp; cauliflower/dip            Fresh strawberries            Purple &amp; gold fruit cup            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Crispy oven-roasted chicken legs <b>*Student favorite!</b></p>	<p>24 Scrambled egg bowl with sausage</p> <p>Macaroni &amp; cheese            'Lil Smokies            Breadstick            Variety of fresh vegetables/dip            Rainbow applesauce            Variety of melon            Oreo fluff <b>*Student request</b>            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Pizza burger/bun (onion, pickle)</p>
<p>27 French toast/syrup</p> <p>Stuffed crust pepperoni or cheese pizza            Marinara sauce  <b>*Local food spotlight-Seasoned green beans, Iowa Food Hub</b>            Tossed salad greens/dressing            Watermelon            Pears            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Supreme pizza</p>	<p>28 Homemade breakfast burrito/salsa</p> <p>Chicken tenders/dipping sauce  <b>*New/fan favorite sauces-Boom Boom sauce &amp; Caribbean Jerk sauce</b>            Mashed potatoes/gravy            Fresh-baked dinner roll/butter            Celery/peanut butter            Mixed fruit cup  <b>*Local food spotlight-Variety of apples, Buffalo Ridge Orchard, Central City</b>            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Mini corn dogs</p>	<p>29 Sausage gravy/buttermilk biscuit</p> <p>Chili or chicken noodle soup            Crackers            Frosted cinnamon roll            String cheese  <b>*Local food spotlight-Fresh cheddar cheese curds-WW Homestead Dairy, Waukon</b>            Tossed salad greens/dressing            Peaches            Variety of fresh fruit            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Wisconsin cheese soup</p>	<p>30 Breakfast boat</p> <p>All-beef hot dog or BBQ rib/bun            Variety of Sun chips            Baked beans            Variety of fresh vegetables/dip            Strawberries &amp; bananas            Apple salad            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Grilled chicken with bacon &amp; Swiss/bun</p>	<p>31 Frosted cinnamon roll</p> <p>Super-stacked grilled cheese on Texas toast            Tomato soup/crackers            Coleslaw, potato &amp; pasta salad            Variety of fresh fruit            Pineapple &amp; mandarin oranges            Fresh-baked cookie            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Italian combo sub</p>