



Alburnett breakfast and lunch menus

August 2023

<p><u>2023-2024 meal pricing</u></p> <p>Breakfast *Available to all students every day*</p> <p>PreK-12 students \$1.70</p> <p>Adults/guests \$2.05</p> <p>Lunch PreK-5 \$2.60 6-8 \$2.65 9-12 \$2.70</p> <p>Adults/guests \$4.85</p> <p>6Grab & go salad \$2.25</p> <p>A la carte entrée (grades 5-12) \$1.75</p> <p>Milk \$.45</p>	<p>Free/reduced meal applications are available on the school website under Nutrition forms, in any school office or you can request one be emailed/mailed to you by contacting Denise Rawson at 319-842-2261 or emailing drawson@alburnettcsd.org.</p> <p>All applications are confidential.</p> <p><u>A new application is required each school year.</u></p> <p>Assistance is available for every step of the application process.</p> <p>A application is not required to participate in the School Meal Programs.</p>
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<p style="text-align: center;"><u>Breakfast:</u></p> <ul style="list-style-type: none"> • Service available starting at 8:00 AM for ALL students. • Daily menu choices include the listed entrée as well as a variety of cereal, toast, peanut butter & jelly, assorted fresh and/or cupped fruit, fruit and vegetable juice and milk. Milk choices include 1%, skim and a variety of skim flavored milk. 	<p style="text-align: center;"><u>Elementary lunch:</u></p> <ul style="list-style-type: none"> • In addition to the listed menu choices, PK-5 students have the daily lunch option of our 6Pirate pack. It is packed with fresh carrots & apples, cheese cubes or string cheese, Goldfish crackers and comes with the option of a yogurt and choice of milk. Students may also choose up to 2 additional items (excluding the entrée) from the regular service line. This is available to all elementary students at no extra charge.
<p>Please indicate any food allergies/intolerances to the Nutrition Department and/or School Nurse. A milk alternative is available to those with documented lactose sensitivities. Medical documentation is required for food substitutions. We are happy to work with you to ensure your child receives healthy, appealing meals that fit dietetic/nutritional needs.</p>	<p>• All students make their own meal item choices. They are encouraged to choose a minimum of 1/2 cup of fruits and/or vegetables to qualify as a reimbursable meal.</p> <p style="text-align: center;"><u>MS/HS lunch:</u></p> <ul style="list-style-type: none"> • The 6alternate listed is offered to grades 6-12.
<p>Students have the choice of each menu item (including milk) but must choose at least 3 components (including a minimum of 1/2 cup fruits/vegetables) to equal a reimbursable meal. Students are encouraged to take a reimbursable meal. Meals missing all required components will be charged as a la carte.</p> <p style="text-align: center;">*Indicates whole grain/whole grain rich products</p>	<ul style="list-style-type: none"> • MS & HS students have the daily option of 6grab & go salads such as Chef with ham & egg and Southwest Chicken salad with delicious Cilantro Lime dressing. These can be taken in place of the lunch entrée and students can add components from the regular to line to make a reimbursable meal. • Students have a variety of a la carte options including beverages, cheeses, beef sticks, yogurt, etc. Students must have a positive meal account balance to purchase these items.

<h1>Welcome back!</h1>	<p>23 Warm apple Frudel pastry*</p> <p>Sausage or cheese pizza* (PK-12 option)</p> <p>Tossed salad greens/dressing</p> <p>*Local food spotlight-Cucumbers & grape tomatoes/dip</p> <p>*Local food spotlight-Steamed Iowa sweet corn, Iowa Food Hub</p> <p>Variety of applesauce</p> <p>Whole fruit frozen juice cups</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Deep dish pepperoni pizza* or chicken quesadilla*</p> <p style="text-align: center;">*1:00 dismissal</p>	<p>24 Pancake sausage bites*/syrup</p> <p>Grilled or breaded chicken*/bun*</p> <p>Lettuce, sliced pickles, mayo</p> <p>*Local food spotlight-Honey-glazed carrots, Iowa Food Hub</p> <p>Celery/peanut butter</p> <p>Mixed fruit cup</p> <p>Variety of apples</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Breaded pizza burger*/bun*</p> <p style="text-align: center;">*1:00 dismissal</p>	<p>25 French toast*/syrup</p> <p>Seasoned taco meat/tortilla chips*/Queso cheese</p> <p>Salsa, sour cream, shredded lettuce</p> <p>Fresh pepper strips/dip</p> <p>Strawberries</p> <p>Purple & gold fruit cup (pineapple & fresh blueberries)</p> <p>Cinnamon grahams*</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Chili chicken</p> <p><i>Crispitos* Customer favorite!</i></p> <p style="text-align: center;">*1:00 dismissal</p>
<p>28 Egg & cheese biscuit*</p> <p>Mini corn dogs</p> <p>Baked hash brown</p> <p>Variety of salads (potato, pasta, coleslaw)</p> <p>Fresh broccoli & cauliflower/dip</p> <p>Pineapple & mandarin oranges</p> <p>Grapes</p> <p>Fresh-baked cookie*</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Popcorn chicken*/dipping sauce</p>	<p>29 Breakfast pizza*</p> <p>Hamburger/bun* cheese optional</p> <p>Sliced pickles</p> <p>*Local food spotlight-Seasoned green beans, Iowa Food Hub</p> <p>Tossed salad greens/dressing</p> <p>Watermelon & cantaloupe</p> <p>Cinnamon applesauce</p> <p>Chocolate pudding</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Pulled BBQ pork sandwich/bun*</p>	<p>30 Mini Eggo pancakes*/syrup</p> <p>All-beef hot dog or BBQ rib (PK-12 option)/bun*</p> <p>Sun chips*</p> <p>Baked beans</p> <p>Variety of fresh vegetables/dip</p> <p>Strawberries & bananas</p> <p>Peaches</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Meatball marinara sub with Mozzarella/bun*</p>	<p>31 Assorted muffins, yogurt</p> <p>Breaded pork tenderloin*</p> <p>Mashed potatoes/gravy</p> <p>Fresh-baked roll*/butter</p> <p>Fresh carrots & grape tomatoes/dip</p> <p>Blushing pears</p> <p>Honeydew melon & *Local food spotlight-fresh raspberries</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Salisbury steak or oven-roasted chicken drumsticks</p>

“This Institution is an equal opportunity employer”

Menus are subject to change. Changes are posted on the school website and live on the app.