



Alburnett breakfast and lunch menus

September 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>Free/reduced meal applications are available on the school website, in any school office or you can request one be mailed to you by calling one of our offices or emailing drawson@alburnettcsd.org. Applications can be submitted anytime throughout the school year.</p> <p>All applications are confidential.</p> <p><u>Last year's approvals expire on October 4, 2023. A new approval is required each year.</u></p> <p>Please contact Denise Rawson for any questions regarding free/reduced meal applications.</p> <p>*Indicates whole grain/whole grain-rich products</p> | | | | <p>1 Sausage gravy/biscuit*</p> <p>Stuffed crust pepperoni or cheese pizza*</p> <p>Marinara sauce</p> <p>Tossed salad greens/dressing</p> <p>*Local food spotlight-Seasoned peas & carrots, Iowa Food Hub</p> <p>Whole fruit frozen juice cup</p> <p>Grape & kiwi</p> <p>Choice of milk</p> <p><u>K-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Spicy chicken/bun*</p> |
| <p>4</p> <p>Labor Day</p> <p>No school</p> | <p>5 Belgian waffle sticks*/syrup</p> <p>Breaded* or grilled chicken/bun*</p> <p>Lettuce, mayo</p> <p>Regular and sweet potato waffle fries</p> <p>Variety of fresh vegetables/dip</p> <p>Rainbow applesauce</p> <p>Watermelon & cantaloupe</p> <p>Craisins & raisins</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Breaded pizza burger*/bun*</p> | <p>6 Homemade egg bake casserole</p> <p>Chicken tenders*/dipping sauce</p> <p>Rice pilaf*</p> <p>California vegetables with cheese</p> <p>Grape tomatoes/dip</p> <p>Variety of fresh fruit</p> <p>Strawberries & bananas</p> <p>Fresh-baked cookie*</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Breaded Cod*/tartar sauce</p> | <p>7 Frosted cinnamon roll*</p> <p>Walking taco/Doritos</p> <p>Sour cream, salsa, shredded lettuce</p> <p>Refried beans</p> <p>Fresh broccoli & pepper strips/dip</p> <p>Mixed fruit cup</p> <p>Fresh apple wedges</p> <p>Cinnamon grahams</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Fiestada pizza/Doritos</p> | <p>8 Pancake & sausage on a stick*</p> <p>Pepperoni pasta *Homemade favorite</p> <p>Breadstick/marinara</p> <p>Tossed salad greens/dressing</p> <p>Cottage cheese</p> <p>Carrots/dip</p> <p>Fresh strawberries</p> <p>Apple salad *Local food spotlight-</p> <p>Yogurt-Country View Dairy</p> <p>Choice of milk</p> <p><u>K-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Supreme pizza</p> |
| <p>11 Bagels*/cream cheese, yogurt</p> <p>All-beef hot dog or BBQ rib/bun*</p> <p>Sun chips*</p> <p>Baked beans</p> <p>Carrots & celery/dip</p> <p>Fresh fruit choice</p> <p>Peaches</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Sriracha honey chicken*</p> <p>*Student favorite</p> | <p>12 Cinnamon French toast*/syrup</p> <p>Spaghetti* with meat sauce</p> <p>Garlic breadstick*</p> <p>Tossed salad greens/dressing</p> <p>Fresh broccoli & cauliflower/dip</p> <p>Blushing pears</p> <p>Fresh orange wedges</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Chicken Alfredo/pasta*</p> | <p>13 Breakfast pizza*</p> <p>Chicken nuggets*/dipping sauce</p> <p>*Local food spotlight-Baked potato bar, Echollective, Mechanicsville</p> <p>Cucumber slices/dip</p> <p>Cantaloupe & honeydew</p> <p>Variety of applesauce</p> <p>Chocolate chip oatmeal bar*</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Mini corn dogs*</p> | <p>14 Buttermilk pancakes*/syrup</p> <p>Breaded pork tenderloin*</p> <p>Mashed potatoes/gravy</p> <p>Fresh-baked roll*/butter</p> <p>Carrots/dip</p> <p>Pineapple & mandarin oranges</p> <p>Banana</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Oven-roasted chicken drumsticks *Customer favorite!</p> | <p>15 Scrambled eggs, toast*</p> <p>Pizza boat or cheese pizza</p> <p>Marinara sauce</p> <p>*Local food spotlight- Iowa sweet corn, Iowa Food Hub</p> <p>Tossed salad greens/dressing</p> <p>Pineapple</p> <p>Fresh kiwi & grapes</p> <p>Choice of milk</p> <p><u>K-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Sub sandwich</p> <p>*1:00 dismissal</p> |
| <p>18</p> <p>Cook's choice breakfast & lunch menu</p> <p>TBA</p> | <p>19 Sausage breakfast croissant*</p> <p>Macaroni & cheese*</p> <p>-Lil Smokies</p> <p>Blueberry or chocolate muffin* (6-12)</p> <p>Variety of fresh vegetables/dip</p> <p>Fresh apple wedges</p> <p>Strawberries & bananas</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Turkey & bacon wrap*/homemade dill spread</p> | <p>20 Mini maple waffles*/syrup</p> <p>Breakfast pizza*</p> <p>Hash brown</p> <p>Yogurt/granola*</p> <p>Variety of juice</p> <p>Cucumbers & grape tomatoes/dip</p> <p>Variety of melon</p> <p>Mixed fruit cup</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>- Bacon, egg & cheese biscuit*</p> | <p>21 Homemade breakfast burrito*/salsa</p> <p>Hamburger (cheese optional)/bun*</p> <p>Regular & sweet potato baked potato wedges</p> <p>Fresh broccoli & cauliflower/dip</p> <p>Variety of applesauce</p> <p>*Local food spotlight-Fresh raspberries & honeydew melon</p> <p>Warm cinnamon apples</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Pulled BBQ pork/bun*</p> | <p>22 Warm Pillsbury Frudel*</p> <p>Seasoned beef/chips*/queso</p> <p>Salsa, sour cream, shredded lettuce</p> <p>Spanish rice*</p> <p>Taco fiesta black beans</p> <p>Fresh pepper strips/dip</p> <p>Mandarin oranges</p> <p>Strawberries & blueberries</p> <p>Choice of milk</p> <p><u>K-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Chicken & cheese Quesadilla*</p> |
| <p>25 Pancake sausage bites*/syrup</p> <p>Sausage or cheese pizza*</p> <p>Tossed salad greens/dressing</p> <p>*Local food spotlight-Seasoned green beans, Iowa Food Hub</p> <p>Purple & gold fruit cup (pineapple & fresh blueberries)</p> <p>Pears</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Chicken Crisпитos*/salsa</p> | <p>26 Egg & cheese biscuit*</p> <p>Mandarin orange chicken* or popcorn chicken*/dipping sauce</p> <p>Mashed potatoes/gravy</p> <p>Fresh-baked dinner roll*/butter</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>6-12 alternate</u>-BBQ meatballs</p> | <p>27 French toast*/syrup</p> <p>Chili or chicken noodle soup</p> <p>Crackers*</p> <p>Frosted cinnamon roll*</p> <p>String cheese</p> <p>Tossed salad greens/dressing</p> <p>Variety of fresh vegetables/dip</p> <p>Peaches</p> <p>Variety of fresh fruit</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>6-12 alternate</u>-Baked potato soup</p> | <p>28 Breakfast pizza*</p> <p>Corn dog*</p> <p>Pretzels* or tortilla chips*/salsa</p> <p>Baked beans</p> <p>*Local food spotlight-Fresh pepper strips/dip, Iowa Food Hub</p> <p>Strawberries & bananas</p> <p>Apple salad</p> <p>Choice of milk</p> <p><u>PK-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Cheese or pepperoni Calzone*</p> | <p>29 Mini <i>Eggo</i> pancakes*/syrup</p> <p>Maidrite/bun*</p> <p>Smile fries *Student favorite</p> <p>Variety of salads-pasta, coleslaw, potato</p> <p>Carrots & cucumbers/dip</p> <p>Pineapple & mandarin oranges</p> <p>Grapes</p> <p>Rainbow sherbet</p> <p>Choice of milk</p> <p><u>K-5 alternate</u>-Pirate pack</p> <p><u>MS/HS alternate</u>-Turkey Club/hoagie*</p> |

2023-2024 meal pricing

Breakfast *Available to all students every day*

PreK-12 students \$1.70

Adults/guests \$2.05

Lunch PreK-5 \$2.60 6-8 \$2.65 9-12 \$2.70

Adults/guests \$4.85

oGrab & go o salad \$2.75

A la carte entrée (grades 5-12) \$1.75

Milk \$.45

- Please indicate any food allergies/intolerances to the Nutrition Department and/or School Nurse. Medical documentation is required for food substitutions. We are happy to work with you to ensure your child receives healthy, appealing meals that fits his/her dietetic/nutritional needs.
 - 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.
- Menus are subject to change. Changes are posted on the school website and live on the flyer app*
- oThis institution is an equal opportunity providero