



# Alburnett breakfast and lunch menus

## May

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p style="text-align: center;"><u>2023-2024 meal pricing</u>            Breakfast *Available to all students every day*            PreK-12 students \$1.70            Adults/guests \$2.05</p> <p style="text-align: center;">Lunch PreK-5 \$2.60 6-8 \$2.65 9-12 \$2.70            Adults/guests \$4.85            “Grab &amp; go” salad \$2.75            A la carte entrée (grades 5-12) \$1.75            Milk \$4.45</p> <p style="text-align: center;">“This institution is an equal opportunity employer”</p>		<p>1 Cheese omelet, toast</p> <p>French bread pizza boat or cheese pizza            Marinara dipping sauce  <b>*Local food spotlight</b>-Seasoned green beans-Iowa Food Hub            Cucumbers &amp; grape tomatoes/dip            Fresh apple wedges/peanut butter            Peaches            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Corn dog</p>	<p>2 Pancake &amp; sausage on a stick/syrup</p> <p>Grilled or breaded chicken fillet/bun            Baked potato wedges            String cheese            Fresh broccoli &amp; cauliflower/hummus or dip            Strawberries &amp; bananas            Orange wedges            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Honey BBQ pulled pork/bun</p>	<p>3 <b>*Local food spotlight</b>-Apple cider donuts-Wilson’s Orchard, Iowa City</p> <p>BBQ meatballs (plain with sauce on the side available)            Smile fries            Frosted cinnamon roll            California blend vegetables with cheese            Cantaloupe &amp; honeydew melon  <i>Whole fruit</i> frozen juice cups            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Sriracha honey chicken</p> <p style="text-align: right;">1:00 dismissal</p>
<p>6 Cinnamon swirl French toast/syrup</p> <p><i>Maidrite</i> or Pizza burger/bun            Pickles  <i>Sun chips</i>            Baked beans            Cucumbers &amp; grape tomatoes/dip            Rainbow applesauce            Watermelon            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Sausage pizza</p>	<p>7 Scrambled eggs, bacon, toast</p> <p>Chicken nuggets/dipping sauce            Long grain &amp; wild rice blend  <b>*Local food spotlight</b>-Roasted butternut squash, Iowa Food Hub            Tossed salad greens/dressing or coleslaw, cottage cheese            Grapes            Purple &amp; gold fruit cup            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Teriyaki chicken stir fry <b>*Student favorite!</b></p>	<p>8 Pancakes/syrup</p> <p>French toast/syrup            Sausage links            Carrot &amp; celery sticks/dip            Variety of fruit/vegetable juice  <b>*Local food spotlight</b>-Vanilla yogurt-Country View Dairy/granola            Mixed berry cups            Mandarin oranges            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Ham, egg &amp; cheese biscuit</p>	<p>9 Sausage links &amp; hash browns</p> <p>Walking taco/Doritos            Sour cream, salsa, shredded lettuce &amp; cheese  <i>Taco Fiesta</i> black beans            Fresh broccoli &amp; pepper strips/hummus            Cuties            Pineapple            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Quesadilla</p>	<p>10 Scrambled egg bake, toast</p> <p>Sausage or cheese pizza            Tossed salad greens/dressing            Cheddar cheese cubes            Carrots/dip            Fresh strawberries            Mixed fruit cup            Variety of ice cream with toppings            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Cheese or Buffalo Chicken calzone</p>
<p>13 Mini <i>Eggo</i> waffles/syrup</p> <p>Super-stacked grilled cheese on Texas toast            Variety of soup (tomato, chicken noodle)/crackers            Carrots &amp; celery/dip            Cantaloupe &amp; honeydew melon            Variety of applesauce            Scooby grahams/frosting cup            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Toasted Italian sub  <b>*New customer favorite!</b></p>	<p>14 Breakfast pizza</p> <p>Pepperoni pasta <b>*Homemade favorite!</b>            Garlic breadstick            Tossed salad greens/dressing            Fresh broccoli &amp; cauliflower/dip            Blushing pears            Fresh orange wedges  <b>*Local food spotlight</b>-Apple chips, Buffalo Ridge Orchard, Central City            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Deep dish pepperoni pizza</p>	<p>15 Sausage gravy/buttermilk biscuit</p> <p style="text-align: center;"><b>Annual Elementary Cookout</b></p> <p>Flame-broiled burgers or all-beef hot dogs/bun *ketchup/mustard            Variety of chips/Goldfish crackers            Go-gurt /variety of yogurt            Variety of fresh vegetables/dip or hummus            Variety of fresh fruit-Cuties, pears, apples            Frozen treat            Choice of milk            *No Pirate Pack option today  <u>MS/HS alternate</u>-Grilled bratwurst/bun</p>	<p>16 Ham &amp; cheese croissant</p> <p>Hot ham &amp; cheese/bun or PB&amp;J  <i>Uncrustable</i>            Tortilla <i>Scoops</i> with regular or black bean salsa            Cucumbers &amp; grape tomatoes/dip            Pineapple &amp; mandarin oranges            Strawberries &amp; bananas            Oreo fluff <b>*Student request</b>            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Spicy chicken/bun</p>	<p>17 Pancake sausage bites/syrup</p> <p>Stuffed crust cheese or pepperoni pizza            Marinara sauce dipping sauce  <b>*Local food spotlight</b>-Honey-glazed carrots-Iowa Food Hub            Tossed salad greens/dressing            Variety of applesauce            Fresh kiwi &amp; grapes  <i>Simply Wholesome</i> apple oatmeal bar            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Sub sandwich</p>
<p>20 Pillsbury Frudel</p> <p>Mandarin orange chicken or popcorn chicken/dipping sauce            Rice Pilaf            Fresh pepper strips/dip            Celery/peanut butter            Grapes            Mixed fruit            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>- Breaded fish nuggets/tartar sauce</p>	<p>21 French toast/syrup</p> <p>Macaroni &amp; cheese            ‘Lil Smokies            Blueberry muffin            Potato &amp; pasta salads, coleslaw            Variety of fresh vegetables/dip            Fresh apple wedges            Watermelon            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-BBQ rib/bun (pickle, onion)</p>	<p>22 Home made breakfast burrito/salsa</p> <p>Breaded pork tenderloin            Dinner roll/butter  <b>*Local food spotlight</b>-Baked potato bar-Iowa Food Hub            Sour cream, butter, cheese, diced ham            Steamed broccoli            Fresh pears &amp; bananas            Peaches            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Salisbury steak</p>	<p>23 Bacon, egg &amp; cheese biscuit</p> <p>Breakfast pizza            Baked potato wedges            Fresh broccoli &amp; cauliflower/dip            Fresh orange wedges            Variety of applesauce  <b>*Local food spotlight</b>-Vanilla yogurt, Country View Dairy/granola/berries            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Bacon, egg &amp; cheese croissant</p>	<p>24 Bagels/cream cheese, yogurt</p> <p>Seasoned beef/tortilla chips/Queso            Salsa, sour cream, shredded lettuce            Refried beans  <i>Mexican Fiesta</i> rice            Cucumbers &amp; carrots/dip            Mandarin oranges            Summer fruit salad            Choice of milk  <u>Elem alternate</u>-Pirate pack  <u>MS/HS alternate</u>-Chicken fajita</p>
<p>27</p> <p style="text-align: center;">Memorial Day            No school</p>	<p>28</p> <p style="text-align: center;">Cook’s choice breakfast &amp; lunch menus            TBA</p>	<p>29</p> <p style="text-align: center;">Cook’s choice breakfast &amp; lunch menus            TBA</p>	<p>30 Mini pancakes/syrup</p> <p>“Grab &amp; go” sack lunch options:            PB&amp;J <i>Uncrustable</i>/Deli sandwich            String cheese/cheese cubes            Go-gurt            Variety of chips            Applesauce/mixed fruit cups            Carrots/dip            Animal crackers or grahams            Choice of milk            *No pirate pack option today  <u>MS/HS alternate</u>-TBA</p>	

Have a great summer!