



Alburnett breakfast and lunch menus

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<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@alburnettsd.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. A application is not required to participate in the School Meal Programs.</p>			<p><u>2024-2025 meal pricing</u></p> <p>Breakfast *Available to all students every day* PreK-12 students \$1.80 Adults/guests \$2.15</p> <p>Lunch PreK-5 \$2.70 6-8 \$2.75 9-12 \$2.80 Adults/guests \$4.85 A la carte entrée (grades 5-12) \$1.85 Milk \$.50</p>	
<p>2</p> <p>Labor Day</p> <p>No school</p>	<p>3 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>Variety of applesauce</p> <p>Watermelon & cantaloupe</p> <p>Craisins & raisins</p> <p>Choice of milk</p> <p>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Breaded pizza burger*/bun*</p>	<p>4 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Breaded Cod*/tartar sauce</p>	<p>5 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Crispitos</p>	<p>6 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Supreme pizza</p>
<p>9 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Sriracha honey chicken* *Student favorite</p>	<p>10 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Chicken Alfredo/pasta*</p>	<p>11 Breakfast pizza*</p> <p>Chicken nuggets*/dipping sauce</p> <p>*Local food spotlight-Baked potato bar, Iowa Food Hub</p> <p>Variety of juice</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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Mini corn dogs*</p>	<p>12 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Oven-roasted chicken drumsticks</p> <p>*Customer favorite!</p>	<p>13 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Sub sandwich</p>
<p>16</p> <p>Cook's choice breakfast & lunch menu</p> <p>TBA</p>	<p>17 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-</p> <p>Turkey & bacon wrap*/homemade dill spread</p>	<p>18 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Bacon, egg & cheese biscuit*</p>	<p>19 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>Choice of milk</p> <p>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Pulled BBQ pork/bun*</p>	<p>20</p> <p>No school</p>
<p>23 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>PK-5 alternate-Pirate pack</p> <p>MS/HS_Chicken Crispitos*/salsa</p>	<p>24 Egg & cheese biscuit*</p> <p>Mandarin orange chicken* or popcorn chicken*/dipping sauce</p> <p>Savory rice</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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-BBQ meatballs</p>	<p>25 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Baked potato soup</p>	<p>26 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Cheese or pepperoni Calzone*</p>	<p>27 Mini Eggo 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Turkey Club/hoagie*</p>
<p>30 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>PK-5 alternate-Pirate pack</p> <p>MS/HS alternate-Chicken & cheese Quesadilla*</p>	<ul style="list-style-type: none"> 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. <p style="text-align: center;"><i>Menus are subject to change. Changes are posted on the school website and live on the flyer app</i></p> <p style="text-align: center;">ðThis institution is an equal opportunity providerð</p>			