



Alburnett breakfast and lunch menus

October

* Indicates whole grain and/or whole grain-rich products

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chocolate chip muffin*, yogurt Chicken tenders*/dipping sauce Mashed potatoes/gravy Fresh-baked dinner roll Cucumbers & grape tomatoes/dip *Taste-test Tuesday -Raspberry lemonade & watermelon <i>Craisins</i> Grapes Pears Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded fish nuggets*/tartar sauce	2 Pancakes*/syrup Stuffed crust cheese or pepperoni pizza* Marinara dipping sauce California blend vegetables with cheese Tossed salad greens/dressing Bananas Fruit & yogurt parfait with granola* Mixed berries Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Spicy popcorn chicken*/dipping sauce	3 Homemade egg bake, toast* French toast*/syrup Sausage links Variety of juice Carrots & broccoli/dip Variety of applesauce cups Strawberries & bananas *Local food spotlight & taste test-Kiwi berries, Iowa Food Hub Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Toasted Italian sub*	4 Ham & cheese croissant* Pepperoni pasta *Homemade favorite recipe! Garlic breadstick* *Local food spotlight-Seasoned green beans, Iowa Food Hub Tossed salad greens/dressing Cottage cheese Summer fruit salad Peaches Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Supreme pizza
7 Pancake sausage bites/syrup All-beef hot dog or BBQ rib/bun* Sun chips* Baked beans Celery/peanut butter Mixed berry cups Fresh orange wedges Fresh-baked cookie* Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Sriracha honey chicken* *Student favorite	8 Bagels*/cream cheese, yogurt Breaded* chicken breast/bun* Shredded lettuce, sliced tomato *Taste-test Tuesday*/Local food spotlight-Colby Jack cheese sticks & cheddar cheese cubes Carrots & grape tomatoes/dip Fresh apple wedges Mixed berries Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded fish sandwich*/tartar sauce	9 French toast*/syrup Spaghetti* with meat sauce *plain noodles* available Breadstick* Tossed salad greens/dressing Fresh broccoli & cauliflower/dip <i>Chobani</i> blueberry yogurt Pears Watermelon & cantaloupe Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chicken Alfredo/pasta*	10 Breakfast pizza* Pizza boat* or cheese pizza* Marinara dipping sauce *Local food spotlight-Iowa sweet corn, Iowa Food Hub Coleslaw Purple & gold fruit cup Fresh raspberries & strawberries Animal crackers* Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Turkey & cheese hoagie*	11 Frosted cinnamon roll Maidrite/bun* Smile fries Honey-glazed carrots *Local food spotlight-honey from Ebert Honey, Mt. Vernon Cheddar cheese cubes Mandarin oranges Fresh pears & grapes Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Pizza burger/bun*
14 Mini maple waffles*/syrup Mandarin orange chicken *Student favorite or popcorn chicken/dipping sauce Rice Pilaf* Garlic Texas toast* Fresh broccoli & carrots/dip *Local food spotlight-Jonathan apples, DoD Pineapple Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Popcorn shrimp/cocktail sauce	15 Egg & cheese biscuit* Flame-broiled beef burger/bun* Shredded lettuce, sliced tomato, cheese *Local food spotlight-Country blend vegetables, Iowa Food Hub Cucumbers & grape tomatoes Watermelon & grapes *Local food spotlight-Apple chips, Wilson's Orchard & Farm Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Spicy chicken party*/bun*	16 Sausage links, hash brown patty Breaded pork chop patty* *Local food spotlight-Baked potato, Iowa Food Hub Sour cream/butter Steamed broccoli Tossed salad greens/dressing Fresh-baked dinner roll*/butter Cinnamon applesauce Mixed berry cups Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded chicken drumstick*	17 Scrambled eggs, toast* Soft-shell* beef taco or chicken fajita Shredded lettuce & cheese Salsa, sour cream Roasted Fajita-blend vegetables *Local food spotlight-Fresh pepper strips, Iowa Food Hub Cantaloupe & honeydew melon Mixed fruit cup Cinnamon grahams Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Cheese or Buffalo Chicken Calzone	18 Sausage & egg breakfast wrap* Mini corn dogs* Regular & sweet potato fries Fresh broccoli & cauliflower Pineapple & mandarin oranges Grapes *Local food spotlight & student favorite-Apple salad with fresh apples, Iowa Food Hub & vanilla yogurt, Country View Dairy Chocolate chip oatmeal bar* Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded chicken tenders*/dipping sauce
21 Cinnamon French toast*/syrup Macaroni & cheese* 'Lil Smokies Tossed salad greens/dressing *Local food spotlight-Mixed cherry & grape tomato varieties, Friendly Farm, Iowa City Strawberries & bananas Fresh pears Cinnamon <i>Churro</i> Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chicken quesadilla	22 Homemade breakfast burrito*/salsa Oven-roasted turkey & gravy Mashed potatoes Buttermilk biscuit* *Local food spotlight-Seasoned green beans & carrots, Iowa Food Hub Fresh apple wedges/peanut butter Peaches <i>Whole fruit</i> frozen juice cups Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Breaded chicken drumstick *Student favorite!	23 Pancake sausage bites*/syrup Sausage or cheese pizza* <i>Go-gurt</i> yogurt tubes Fresh broccoli & grape tomatoes/hummus Bananas & grapes Purple & gold fruit cup *Local food spotlight-Variety of frozen yogurt, Country View Dairy Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Honey BBQ pork/bun*	24 Cook's choice menus TBA	25 No school
28 Breakfast pizza* Walking taco/Doritos Salsa, sour cream, shredded lettuce *Local food spotlight-Iowa sweet corn, Iowa Food Hub Fresh carrots & broccoli/hummus Pears Fresh orange wedges <i>Goldfish</i> crackers* Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Chili chicken Crispi-tos* Customer favorite!	29 Mini Eggo pancakes*/syrup BBQ meatballs *plain available Savory rice blend* <i>Wild Mike's</i> cheese bites* Tossed salad greens/dressing *Local food spotlight-Fresh pepper strips & cucumbers, Iowa Food Hub Bananas Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Teriyaki chicken stir fry	30 Sausage gravy/buttermilk biscuit Breakfast pizza Hash brown patty Variety of juice Variety of fresh vegetables/hummus or dip Yogurt/granola Mixed berry cups Variety of applesauce Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Bacon, egg & cheese biscuit	31 Belgian waffle sticks/syrup Chicken nuggets/dipping sauce Smile fries Cauliflower & grape tomatoes/dip Variety of melon Rainbow applesauce Raisins Fresh-baked cookie Choice of milk <u>Elem alternate</u> -Pirate pack <u>MS/HS alternate</u> -Cook's choice-TBA	