

Hot Breakfast Menu

(Altus High School)

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
02 Sep 2019 NO SCHOOL	03 Sausage Breakfast Pizza Cereal Fruit/Juice Milk	04 Oatmeal w/ Cinnamon Sprinkles Cereal Golden Grahams On-the-Go Tky Sausage Patty Fruit/Juice Milk	05 Waffle w/Syrup Cereal Strawberry Gogurt Dried Fruit Mix/Juice Milk	06 Scrambled Eggs Cereal Scooby Cinnamon Sticks English Muffin Bacon Fruit/Juice Milk
09 Strawberry Pop Tart (1 count) Cereal Cinn Elf Graham Cookies Veggie Pack Fruit/Juice Milk	10 Pancake Wrap w/ Syrup Cereal Chex Mix Strawberry Yogurt Fruit/Juice Milk	11 Bacon, Egg & Cheese Scramble Cereal Bacon Cinn Graham Goldfish Fruit/Juice Milk	12 French Toast Sticks w/Syrup Cereal Fruit/Juice Milk	13 Omelet w/Cheese Cereal WG Toast Oatmeal Raisin Granola Bar Fruit/Juice Milk
16 Cinnamon Toast x2 Cereal TRIX Bar Jelly Fruit Cup/Juice Milk	17 Ham & Egg Breakfast Sandwich Cereal Apple Nutri Grain Bar Jelly Dried Fruit Mix/Juice Milk	18 WG Pancakes w/ Whipped Topping and Fruit Cereal Fruit/Juice Milk	19 Homemade Breakfast Taco w/Diced Potatoes Cereal WG Goldfish Crackers Pico De Gallo Fruit/Juice Milk	20 NO SCHOOL
23 Mini Strawberry Creamy Bagel Cereal Rice Krispy Square Fruit/Juice Milk	24 Oatmeal w/Apple Chunks & Cinnamon Cereal Bacon Fruit/Juice Milk	25 Blueberry Muffin Cereal Strawberry GoGurt Fruit/Juice Milk	26 Biscuit & Sausage Cereal Cinnamon Graham Gripz Scrambled Eggs Fruit/Juice Milk	27 Cheese Filled Breadstick Cereal Honey Rite Graham Cracker Sausage Link Fruit/Juice Milk
30 Breakfast Bar w/ Ham/Egg/Cheese Cereal Cinnamon Goldfish Graham Crackers Fruit/Juice Milk	01 Oct 2019 WG Cinnamon Roll Cereal Dried Fruit Mix Juice Milk	02 WG Waffle w/Syrup Cereal Cubed Fresh Fruit Juice Milk	03 Biscuit/Scrambled Eggs w/ Gravy Cereal Bacon Fruit/Juice Milk	04 Sausage Breakfast Pizza Cereal Chocolate Bear Graham Cracker Raspberry Rainbow TRIX Yogurt Fruit/Juice Milk

*All menus subject to change due to availability of supplies.

**Two entrees offered each day

This institution is an equal opportunity provider.

BREAKFAST IN THE CLASSROOM

(Altus High School)

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
02 Sep 2019 NO SCHOOL	03 Strawberry Banana Yogurt Oatmeal Raisin Granola Bar WG Goldfish Fruit/Juice Milk	04 Homemade Banana Muffin Square *Cinnamon Scooby Sticks Fruit/Juice Milk	05 WG Bagel Strawberry Cream Cheese *Cinnamon Mini Gripz Fruit/Juice Milk	06 Pancake on a Stick *Mixed Cheese Cubes Crunchy Baby Carrots Fruit/Juice Milk
09 Rice Krispy Apple Cinnamon Bar *Cinn Elf Graham Cookies Applesauce Cup Fruit/Juice Milk	10 Bacon/Egg/Cheese Breakfast Pizza *Cheddar Chex Mix Dried Mixed Fruit Juice Milk	11 French Toast Mini Cinnamon Rush Fruit Cup Juice Milk	12 Chicken Slider w/ Hot Biscuit *Graham Cracker Rite Fruit/Juice Milk	13 Mini Wheats White Chocolate Dry Cereal Strawberry Banana Yogurt Blast Fruit/Juice Milk
16 Raspberry Nutri- Grain Bar Chocolate Graham Bear Crackers Fruit/Juice Milk	17 Hot Biscuit w/Sliced Ham & Egg Patty *Goldfish Crackers Fruit/Juice Milk	18 TRIX Breakfast Bar *Cinn Scooby Sticks Fruit Cup Juice Milk	19 Sausage & Gravy Breakfast Pizza Fruit/Juice Milk	20 NO SCHOOL
23 Mini Strawberry Creamy Bagel Fruit/Juice Milk	24 Blueberry Muffin *Mixed Cheese Cubes Dried Mixed Fruit Fruit/Juice Milk	25 Strawberry Pop Tart (1-Count) *Cinn Goldfish Fruit/Juice Milk	26 Hot Biscuit & Tky Sausage Patty Jelly Fruit/Juice Milk	27 Cinnamon Toast Twist Dry Cereal Rainbow Raspberry TRIX Yogurt Fruit/Juice Milk
30 French Toast Cinnamon Mini Rush *Strawberry GoGurt Fruit/Juice Milk	01 Oct 2019 WG Cinnamon Roll *Pretzel Goldfish Crackers Fruit/Juice Milk	02 Mini Maple Pancake Burst Strawberry Banana Yogurt Fruit/Juice Milk	03 Sausage/Egg/Cheese Breakfast Wrap Veggie Pack Fruit/Juice Milk	04 Hot Biscuit w/ Egg Patty & Cheese *Snack Mix Simply Strawberry Yogurt Fruit/Juice Milk

All Menus subject to change due to availability of supplies.

*Added Grains for Grades 9-12 per USDA nutritional standards.

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Lunch Menu – September 2019

(Hot Line & Bar Line)

(Altus High School)

Monday	Tuesday	Wednesday	Thursday	Friday
02 Sep 2019 LABOR DAY HOLIDAY	03 Sep Turkey Sausage Pizza Chicken Patty Sandwich Corn Cucumber Slices Baby Carrots Fruit/Milk * Taco Bar	04 Chicken Strip Fritters w/Gravy Grilled Ham & Cheese Sandwich Blackeye Peas Tator Tots Garden Salsa Chips Fruit/Milk * Salad Bar	05 Corn Dog Chicken Nuggets Green Beans Fresh Salad w/Ranch Fruit/Milk * Potato Bar	06 Pizza Burger Hot Turkey & Swiss on Ciabetta French Fries Rom/Tom/Pickles Jello w/Whipped Topping TRIX Bar Fruit/Milk
09 Pollock Breaded Nuggets Turkey Santa Fe on Hot Roll Wedge Fries Coleslaw w/Cracker Fruit/Milk * Salad Bar	10 Chicken Teriyaki w/ Brown Rice Pizza Stick Green Peas Carrots Fruit/Milk * Taco Bar	11 Chicken Nuggets Hot Chicken Sandwich Tator Tots Green Beans Fruit/Milk * Salad Bar	12 Grilled Cheese Meatball Sub Corn Cucumber/Tom Salad Cheeto Puffs Fruit/Milk * Potato Bar	13 Hamburger Lasagna Rollup French Fries Rom/Tom/Pickles Broccoli w/Ranch Fruit/Milk
16 Chicken & Cheese Crispito Beef Taco's w/Shells Refried Beans Corn Shredded Rom/Tom Animal Crackers Fruit/Milk * Salad Bar	17 Spaghetti & Meat Sauce Garlic Bread Popcorn Chicken Green Beans Fresh Salad w/Ranch Chex Snack Mix Fruit/Milk * Taco Bar	18 Chicken Chop Suey Brown Rice Pizza Stick Mixed Asian Veggies Applesauce/Milk WG Cookies Fruit/Milk * Salad Bar	19 Cheeseburger Toasted Turkey Deli Rom/Tomatoes/Pickles Cooked Carrots Cinn Elf Grahams Fruit/Milk * Potato Bar	20 NO SCHOOL
23 Turkey & Noodles w/Crouton Topping Spicy Chicken Patty Sandwich Green Peas Carrots/Celery Sticks Cinnamon Elf Grahams Fruit/Milk * Salad Bar	24 Mini Corn Dogs Stuffed Crust Pizza Wedge Fries Corn Golden Grahams Fruit/Milk * Taco Bar	25 Chicken Nuggets Pepperoni Pinwheels Green Beans Fresh Salad w/Ranch Crackers WG Choc Chip Cookie Fruit/Milk * Salad Bar	25 "BREAKFAST AT LUNCH" Hot Waffle & Syrup Popcorn Chicken Tky Sausage Patty Diced Potato Hashbrowns Cherry Tomatoes Cinn Goldfish Fruit/Milk * Potato Bar	27 BBQ Pulled Pork Sandwich Turkey Melt w/Swiss Sandwich French Fries Baked Beans Rom/Tom/Pickles Raspberry Grain Bar Raspberry Fruit/Milk
30 Chicken Fajitas w/WG Tortilla Taco Salad Pinto Beans Shred Rom/Tom Thin Sliced Veggies Crackers Fruit/Milk * Salad Bar	01 Oct 2019 Sweet & Sassy Chicken Brown Rice Turkey Sub w/ Fresh Toppings Oriental Veggies Rom/Tom/Pickles WG Oatmeal Cookies Fruit/Milk * Taco Bar	02 Lasagna Cheese Rollup Breadstick Grilled Ham & Cheese Corn Carrot Sticks Graham Crackers Fruit/Milk * Salad Bar	03 Beef Goulash w/Noodles Corn Bread Ribette on Bun Fresh Salad w/Ranch & Shredded Cheese Fruit/Milk * Potato Bar	04 Hamburger Sausage Pizza Tator Tots Rom/Tom/Pickles Veggie Pack Cini Mini Gripz Fruit/Milk

All menus subject to change due to availability of supplies.

* Periodic Salad Bar, Potato Bar and Taco Bar offered at Rivers, Altus Elementary & Altus Intermediate School

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