

Altus High School Hot Breakfast Menu



NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
29 Oct 2018 Honey Nut Chex Cereal WG Toast w/Jelly Fruit Juice/Milk	30 Straw/Banana Yogurt Breakfast TRIX Bar WG Blueberry Muffin Raisins/Fruit Juice/Milk	31 English Muffin w/Egg Patty & Turkey Bacon Fruit Juice/Milk	01 Nov 2018 Zucchini Bread Animal Crackers Fruit Juice/Milk	02 Sausage Breakfast Pizza Raspberry Nutri Grain Bar Craisins/Fruit Juice/Milk
05 Breakfast Bar w/ Ham/Egg/Cheese Vanilla Goldfish Dried Fruit/Fruit Juice/Milk	06 Hot Cinnamon Roll Fresh Fruit Juice/Milk	07 "Bulldog Pile Up" (Biscuit/Sausage/Scram Eggs/Gravy) Fruit Juice/Milk	08 Dutch Waffles Warm Syrup Fresh Cubed Fruit Raisins Juice/Milk	09 Cereal Gogurt Chocolate Bear Graham Crackers Fruit Juice/Milk
12 VETERANS DAY HOLIDAY NO SCHOOL	13 Mini Cinnamon Bagel Cherry Trix Yogurt Craisins/Fruit Juice/Milk	14 Pancake Wrap w/ Syrup Mixed Veggie Bag Fruit Juice/Milk	15 Breakfast Bagel Pizza Graham Cracker Honey Rites Fruit Juice/Milk	16 Hot Sausage Biscuit Cheese Stick Fruit Juice/Milk
19 THANKSGIVING BREAK NO SCHOOL	20 THANKSGIVING BREAK NO SCHOOL	21 THANKSGIVING BREAK NO SCHOOL	22 THANKSGIVING BREAK NO SCHOOL	23 THANKSGIVING BREAK NO SCHOOL
26 Egg Omelet w/Cheese Hashbrown Patty Toast w/Jelly Mini Gripz Cinn Graham Crackers Fruit Juice/Milk	27 Pancakes w/Syrup Fresh Cubed Fruit Raisins Juice/Milk	28 Breakfast Bar w/ Sau/Egg/Cheese Rice Krispy Bar Fruit Juice/Milk	29 Banana Muffins Strawberry Chex Mix Fruit Juice/Milk	30 Oatmeal Bacon Peach/Raspberry Yogurt Craisins/Fruit Juice/Milk

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

This institution is an equal opportunity provider.



Grab-n-Go Meal
(Altus High School)

NOVEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
29 Oct 2018 Peach Yogurt w/ Granola Cinn Goldfish Grahams Fruit Juice/Milk	30 Turkey Bagel *Scooby Graham Snacks Craisins/Fruit Juice/Milk	31 Pancake Sausage Wrap *Goldfish Pretzels Fruit Juice/Milk	01 Nov 2018 Pumpkin Muffins Dried Mixed Fruit Juice/Milk	02 Sausage Breakfast Pizza *Apple Nutri Grain Breakfast Bar Fruit Juice/Milk
05 TRIX Bar Gogurt *Honey Graham Crackers Fruit Juice/Milk	06 HOT Cinnamon Roll Fruit Juice/Milk	07 French Toast Cinnamon Rush *Animal Crackers Juice/Milk	08 Breakfast Wrap Sau/Egg/Cheese Fruit Juice/Milk	09 Warm Egg Biscuit Fruit Juice/Milk
12 VETERANS DAY HOLIDAY NO SCHOOL	13 Apple Frudel Cheese Cubes Fruit Juice/Milk	14 Pancake Sausage Wrap *Cheddar Chex Mix Fruit Juice/Milk	15 Oatmeal Blueberry Muffin Squares *Scooby Doo Sticks Fruit Juice/Milk	16 Mini Wheats White Chocolate Strawberry/Banana Yogurt Blast Yogurt Fruit Juice/Milk
19 THANKSGIVING BREAK NO SCHOOL	20 THANKSGIVING BREAK NO SCHOOL	21 THANKSGIVING BREAK NO SCHOOL	22 THANKSGIVING BREAK NO SCHOOL	23 THANKSGIVING BREAK NO SCHOOL
26 Mini Strawberry Creamy Bagel Fruit Juice/Milk	27 TRIX Breakfast Bar *Yogurt Chex Mix Fruit Juice/Milk	28 Blueberry Muffin *Goldfish Pretzels Fruit Juice/Milk	29 Egg & Cheese Biscuit Fruit Juice/Milk	30 Toasted Cinnamon Twist Cereal Gogurt *Strawberry Pop Tart Fruit Juice/Milk

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**Grades 9-12 allowed increased grain count per USDA Standards.*

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Altus High School
Lunch Menu – November 2018
“LINE 1 & 2 - Hot Meal with 2 Entrees &
LINE 3-Salad & Sandwich/Potato/Taco Bar Meal”



Monday	Tuesday	Wednesday	Thursday	Friday
29 Oct 2018 *BBQ Pulled Pork Sandwich *Sausage Pizza Corn Baked Beans Pickles Animal Crackers *Salad/Sandwich Bar	30 *Salisbury Steak w/ Gravy *Turkey Sub WG Roll Mashed Potatoes Broccoli Romaine/Tom/Pickles Goldfish Pretzels * Taco Bar	31 **“Fish and Chips” Cheese Stick *Ribette on Bun French Fries Fresh Salad w/Dressing Crackers Graham Cinn Mini Gripz * Salad/Sandwich Bar	01 Nov 2018 *Warm Veg Soup w/Crackers Cheese-filled Breadstick *Chicken Nuggets Green Beans Veggie Pack String Cheese * Potato Bar	02 *Bulldog Hamburger *Chicken & Cheese Crispito Wedge Fries Romaine/Tom/Pickles Baby Carrot Pack Cheddar Chex Mix
05 *Grilled Cheese *Corn Dog Emoji Fries Baked Beans Pretzel Goldfish * Salad Bar	06 *Thin Sliced Ham Roll-Up *Stuffed Crust Pepperoni & Cheese Pizza Corn Broccoli Topped w/Chz Shred Romaine/Tomato Animal Crackers * Nacho Bar	07 *Popcorn Chicken *Melted Turkey & Swiss on Bagel Corn Cole Slaw Cherry Fruit Jello Scooby Cinnamon Sticks * Salad Bar	08 <u>HOLIDAY MEAL</u> *Sliced Turkey w/Gravy Dressing Mashed Potatoes Green Beans WG Roll Apple Crisp	09 *Bulldog Cheeseburger *Spicy Chicken Patty Sandwich Crinkle Fries Romaine/Tom/Pickles Cucumber Coins Graham Cini Mini Gripz
12 VETERANS DAY HOLIDAY NO SCHOOL	13 *Baked Chicken and Rice *Pepperoni Pizza Green Beans Stir Fry Veggies Vanilla Goldfish Grahams * Taco Bar	14 *Ham Deli Wrap *Bulldog Hamburger Green Peas French Fries Romaine/Tom/Pickles Bell Pepper Strips Garden Salsa Chips *Salad Bar	15 *Lasagna Cheese Rollup *Popcorn Chicken WG Garlic Toast Corn Fresh Salad w/Ranch Cinn Goldfish Grahams *Potato Bar	16 *Chicken & Cheese Crispito Ham & Cheese Cubes *Corn Dog Pinto Beans Cucumber Coins Baby Carrots Bag
19 THANKSGIVING BREAK NO SCHOOL	20 THANKSGIVING BREAK NO SCHOOL	21 THANKSGIVING BREAK NO SCHOOL	22 THANKSGIVING BREAK NO SCHOOL	23 THANKSGIVING BREAK NO SCHOOL
26 *Baked Chicken Patty *Sausage Pizza Mashed Potatoes w/Gravy Carrots Corn WG Roll Animal Crackers * Salad Bar	27 *Mini Chicken Corn Dog's *Turkey & Cheese Wrap Baked Beans Broccoli Flowers Romaine/Tomato/Pickles Vanilla Goldfish * Taco Bar	28 *Breaded Chicken Nugget Chunks *Ribette on Bun Green Beans Fresh Salad w/Ranch Crackers Cinn Mini Gripz * Salad Bar	29 *Warm Turkey & Noodle Bake *Chicken & Cheese Crispito Green Peas Corn Carrot/Celery w/Ranch Scooby Cinnamon Sticks * Potato Bar	30 *Pizza Stick Cheese Cubes *Bulldog Hamburger French Fries Romaine/Tom/Pickles Veggie Pack Graham Crackers

All menus subject to change due to availability of supplies.
 *Choice between two entrees will be offered at each lunch meal.
 * Fruit and Milk offered with every meal.

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