



Breakfast Menu – September 2020
(Hot Line)
(Altus High School)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 31 August 2020 WG Waffle w/Syrup Milk/Juice/Fruit *Cereal | 01 September 2020 Breakfast Taco WG Goldfish Dried Fruit Mix Milk/Juice/Fruit *Cereal | 02 Sausage Brfst Pizza Veggie Pack Milk/Juice/Fruit *Cereal | 03 Pancake Wrap w/Syrup Cinnamon Scooby Sticks Milk/Juice/Fruit *Cereal | 04 English Muffin Scrambled Eggs & Bacon Jelly Milk/Juice/Fruit *Cereal |
| 07 LABOR DAY HOLIDAY | 08 Ham & Egg Breakfast Sandwich Jelly Apple NutriGrain Bar Milk/Juice/Fruit *Cereal | 09 Cinnamon Toast x2 w/Jelly TRIX Brfst Bar Milk/Juice/Fruit *Cereal | 10 WG Pancakes w/ Whipped Topping Dried Fruit Mix Milk/Juice/Fruit *Cereal | 11 Homemade Breakfast Taco w/Diced Potatoes Pico DeGallo WG Goldfish Milk/Juice/ Fruit *Cereal |
| 14 Ham, Egg & Cheese Breakfast Bar Rice Krispy Treat Milk/Juice/Fruit *Cereal | 15 Cinnamon Swirl Rolls Graham Crackers x2 Milk/Juice/Fruit *Cereal | 16 Scrambled Eggs Bacon WG Biscuit Milk/Juice/Fruit *Cereal | 17 Egg & Cheese Omelet Bacon WG Toast Assorted Jelly Celery/Carrot Pack Milk/Juice/Fruit *Cereal | 18 Apple Frudel Gogurt Milk/Juice/Fruit *Cereal |
| 21 Oatmeal w/Cinnamon WG Toast Assorted Jelly Milk/Juice/Fruit *Cereal | 22 Blueberry Muffin Yogurt Dried Fruit Mix Milk/Juice/Fruit *Cereal | 23 English Muffin Egg Patty & Bacon Milk/Juice/Fruit *Cereal | 24 French Toast Sticks w/Light Maple Syrup Milk/Juice/Fruit *Cereal | 25 Sausage Brfst Pizza Fruit NutriGrain Bar Milk/Juice/Fruit *Cereal |
| 28 Strawberry Pop Tart Cinnamon Elf Grahams Milk/Juice/Fruit *Cereal | 29 Sausage Pancake Wrap w/Syrup Chex Mix Strawberry Yogurt String Cheese Milk/Juice/Fruit *Cereal | 30 Bacon, Egg & Cheese Scramble Animal Crackers Milk/Juice/Fruit *Cereal | 01 October 2020 Sausage Brfst Pizza w/ Syrup Cinn Goldfish Milk/Juice/Fruit *Cereal | 02 Egg & Cheese Omelet WG Toast Granola Bar Milk/Juice/Fruit *Cereal |

"BULLDOG READY..... FOR ANYTHING"

All menus subject to change due to availability of supplies.
 * Asterisk denotes 2nd Entrée Breakfast Option.

This institution is an equal opportunity provider.



Breakfast Menu – September 2020
(Grab-n-Go Breakfast)
(Altus High School)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 31 August 2020 *Strawberry Pop Tarts *Milk/Juice/Fruit | 01 September 2020 *Cinnamon Swirl Rolls *Pretzel Goldfish *Dried Fruit Mix *Milk/Juice/Fruit | 02 *Cheese Filled Breadstick *Gogurt *Milk/Juice/Fruit | 03 *Biscuit Chicken Slider *Cinn Mini Gripz *Milk/Juice/Fruit | 04 *TRIX Cereal Bowl *Milk/Juice/Fruit |
| 07 LABOR DAY HOLIDAY | 08 *Banana Muffin *Dried Fruit Mix *Milk/Juice/Fruit | 09 *Turkey Sausage Pancake Wrap *Gogurt *Crunchy Baby Carrots *Milk/Juice/Fruit | 10 *Hot Biscuit & Sausage *Animal Crackers *Milk/Juice/Fruit | 11 *Honey Nut Chex Cereal *Rice Krispy Snack Bar *Milk/Juice/Fruit |
| 14 *Cherry Frudel *Cinn Mini Gripz *Milk/Juice/Fruit | 15 *Sausage Breakfast Pizza *Milk/Juice/Fruit | 16 *Blueberry Muffin *Chex Mix Simply Strawberry Yogurt *Milk/Juice/Fruit | 17 *Egg Omelet *Graham Crackers *Strawberry Nutri-Grain Bar *Milk/Juice/Fruit | 18 *Cinnamon Toast Cereal *Yogurt *Milk/Juice/Fruit |
| 21 *Bagel w/ Strawberry Cream Cheese *Milk/Juice/Fruit | 22 *Turkey Sausage Pancake Wrap *Milk/Juice/Fruit | 23 *Strawberry Pop Tarts *Carrot Sticks *WG Goldfish *Milk/Juice/Fruit | 24 *Muffin w/ Egg Patty & Ham Slice *Milk/Juice/Fruit | 25 *TRIX Cereal Bowl *Graham Crackers *Honey Rites *Milk/Juice/Fruit |
| 28 *French Toast Stick Cinnamon Glazed *Milk/Juice/Fruit | 29 *TRIX Yogurt Blast *Cinn Scooby Sticks *Milk/Juice/Fruit | 30 *Chocolate Chip Muffin *Animal Cracker *Milk/Juice/Fruit | 01 October 2020 *Bacon & Egg Breakfast Pizza *Milk/Juice/Fruit | 02 *Cheerios Honey Nut *Blueberry Nutri-grain Bar *Milk/Juice/Fruit |

"BULLDOG READY..... FOR ANYTHING"

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Lunch Menu – September 2020
(Hot Line)
(Altus High School)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 31 August 2020 *Chicken Fajitas Taco Salad *Shredded Cheese *Pinto Beans *Shredded Romaine/ Tomatoes | 01 September 2020 *Beef Goulash w/Noodles Ribette on Bun *Corn Bread * Blackeye Peas *Fresh Tossed Salad *Crackers | 02 *Lasagna Cheese Rollup w/Marinara Grilled Ham & Cheese *Corn *Celery/Cucumber Bites | 03 **“Breakfast Waffle” w/Syrup *Turkey Sausage Fresh Turkey Sub *Diced Potatoes *Cheese Stick *Brown Sugar Pop Tarts | 04 *Bulldog Hamburger Sausage Pizza Tator Tots *Shredded Romaine/ Tomatoes *Baby Carrots |
| 07 LABOR DAY HOLIDAY | 08 *Turkey & Cheese Sandwich Chicken Nuggets *WG Chips *Shredded Romaine/ Tomatoes *Corn *Crackers | 09 *Turkey Sausage Pizza Buffalo Chicken Flatbread *Broccoli *Cucumber Coins & Veggie Slivers *Crackers | 10 *Popcorn Chicken Corn dog *Pinto Beans *Carrot Sticks *String Cheese *Animal Crackers | 11 *Bulldog Hamburger Seasoned Grilled Chicken Filet on Bun *French Fries *Shredded Romaine/ Tomatoes *WG Chips |
| 14 *Chicken & Cheese Crispito Pulled Pork Sandwich *WG Chips *Pinto Beans *Corn | 15 *Spaghetti Pizza Lasagna Rollup w/Marinara Sauce *Green Beans *Mixed Veggies | 16 *Ham & Cheese Sandwich *WG Chips WG Pancakes w/Syrup Sausage Patty *Baby Carrots *Romaine/Pickle Spear *Cheese Stick | 17 *Bulldog Hamburger Chicken Alfredo *Tator Tots *Shredded Romaine *Cubed Cuc/Tomatoes *Cheese-Its *Strawberry Nutrigrain Ba | 18 NO SCHOOL |
| 21 *Chicken Patty Sandwich *Cini Mini Gripz Baked Chicken & Rice *Sweet Potato Fries *Baked Beans | 22 *Spaghetti w/Meat Sauce Pizza Stick *WG Garlic Bread *Corn *Peas | 23 *Corn Dog Chicken Nuggets *Broccoli Flowers *Sliced Carrots *Fresh Oatmeal Cookie | 24 *Chicken Tenders *Pretzel Goldfish Sloppy Joe *Green Beans *Carrot/Celery Sticks | 25 Bulldog Hamburger *WG Chip Pepperoni Pizza *French Fries *Shredded Romaine/ Tomatoes |
| 28 *Turkey & Cheese Sandwich *WG Chips Mac-n-Cheese w/Ham *Green Beans *Shredded Romaine *Rice Krispy Treats | 29 *Ribette on Bun Spicy Chicken Patty on Bun *Broccoli *Mixed Veggies *Animal Crackers | 30 *Fish Sticks *WG Chips Popcorn Chicken *Corn *Baby Carrots | 01 October *Burrito Soft Chicken Tacos *Refried Beans w/ Melted Cheese *Shredded Romaine | 02 *Bulldog Hamburger Sausage Pizza *French Fries *Shredded Romaine *Cucumber Coins *Graham Cracker Honey Rites |

“BULLDOG READY FOR ANYTHING”

All menus subject to change due to availability of supplies.
 Two entrée choices on Cafeteria Meal Line.
 “Fruit & Milk” served with every Lunch meal.
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