





**Grab-n-Go Breakfast &
Hot Breakfast Menu
February 2023

Altus High School**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 30 Jan 2023 Sausage Egg and Cheese Breakfast Bar Strawberry Nutri-grain Bar Milk/Juice/Fruit | 31 Apple Frudel Boiled Egg Milk/Juice/Fruit | 1 Feb 2023 Turkey & Pancake Wrap Teddy Grahams Veggie Pack Milk/Juice/Fruit | 2 Strawberry Cheerios Breakfast Bar Baby Carrots Milk/Juice/Fruit | 3 Lucky Charms Assorted Yogurt Milk/Juice/Fruit |
| 6 Soft Filled Cinnamon Toast Crunch Bar Milk/Juice/Fruit | 7 Mini Blueberry Waffles Strawberry Chex Mix Baby Carrots Milk/Juice/Fruit | 8 Trix Yogurt Blast Blueberry Nutri-grain Bar Milk/Juice/Fruit | 9 Sausage Breakfast Pizza Chocolate Granola Bar Milk/Juice/Fruit | 10 Cocoa Puffs Cereal Cheese Snack Milk/Juice/Fruit |
| 13 Mini Strawberry Cream Cheese Bagel Hard Boiled Egg Milk/Juice/Fruit | 14 WG Cinnamon Roll Apple Nutri-grain Bar Veggie Pack Milk/Juice/Fruit | 15 Frosted Fudge Poptart Cheese Stick Milk/Juice/Fruit | 16 Trix Cereal Flavored Yogurt Milk/Juice/Fruit | 17  |
| 20  | 21 Mini Maple Waffles Animal Crackers Baby Carrots Milk/Juice/Fruit | 22 Blueberry Bagel with Cream Cheese Milk/Juice/Fruit | 23 Turkey Sausage Pancake Wrap Cheese-Its Milk/Juice/Fruit | 24 Cinnamon Toast Crunch Cereal Cranberry Orange Craisins Milk/Juice/Fruit |
| 27 WG Powdered Sugar Donuts Cheese Snack Milk/Juice/Fruit | 28 Yogurt & Granola Milk/Juice/Fruit | 1 Mar 2023 English Muffin w/ Egg and Sausage Milk/Juice/Fruit | 2 Warm Banana Muffin Scooby Snacks Baby Carrots Milk/Juice/Fruit | 3 Assorted Cereal Strawberry Oatmeal Bar Milk/Juice/Fruit |

"BULLDOG FALL MENU - Staying Active & Fit"

All menus subject to change due to availability of supplies.
Meals offered to on-site and virtual students.

This institution is an equal opportunity provider.