



2009

October



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
28	Egg and Cheese English Muffin	29	Pancakes with Syrup and a Sausage Patty	30	Taco Omelet w/ White Toast	1	Waffles w/ Syrup	2	Biscuits & Gravy w/Sausage Patty
5	French Toast Sticks	6	Scrambled Eggs	7	Blueberry Muffin	8	Egg Bagel w/Cheese	9	String Cheese with Animal Crackers
12	Columbus Day Holiday No School Today	13	Peanut Butter & Jelly English Muffin	14	Taco Omelet w/ Wheat Toast	15	Waffles with Syrup and a Sausage Patty	16	Cheesy Eggs
19	Blueberry Bagel with Cream Cheese	20	Egg Taco	21	Blueberry Muffin	22	No School for students Parent/Teacher Conference 1:00-8:00pm	23	No School for students Parent/Teacher Conference 8:00-1:00
26	Sausage and Cheese Biscuit	27	Scrambled Eggs w/ Wheat Toast	28	Egg and Cheese English Muffin	29	Waffles w/ Sausage Patty	30	String Cheese with Animal Crackers

More Info...

Daily Entrée Choices:

- Daily Menu Item
- OR-
- Assorted Cereal
- OR-
- Assorted Yogurt
- OR-
- Hot Oatmeal

Daily Side Choices:

- Cinnamon Toast
- 100% Fruit Juice
- White Milk served daily.

Menus are subject to change without notice.

Alton High School Breakfast Menu

