



2009

September

Welcome Back Alton Middle School Students!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
31	Bagel with Cream Cheese	1	Scrambled Eggs with Toast	2	Apple Cinnamon Muffin	3	Egg Bagel w/Cheese	4	String Cheese with Animal Crackers
7	Labor Day! No School Today	8	Taco Omelet w/ White Toast	9	Waffles w/ Syrup	10	Scrambled Eggs w/ Wheat Toast	11	Cinnamon Biscuit
14	Bagel w/ Cream Cheese	15	Pancakes w/ Sausage Patty	16	PB & J English Muffin	17	Biscuits & Milk Gravy	18	Quaker Chewy Bars (2)
21	French Toast Sticks w/ Sausage Patty	22	Cheesy Eggs w/ Wheat Toast	23	Egg & Sausage English Muffin	24	Apple Cinnamon Muffin	25	Taco Omelet w/ Wheat Toast

More Info...

Served daily:

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 Middle School Breakfast Menu

