










## Grab-n-Go Breakfast & Hot Breakfast Menu January 2024

**Altus High School**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Jan 2024</b> <b>Christmas Break</b> 	<b>2</b> <b>Christmas Break</b> 	<b>3</b> <b>Christmas Break</b> 	<b>4</b> <b>Christmas Break</b> 	<b>5</b> <b>Christmas Break</b> 
<b>8</b> <b>No School!</b> 	<b>9</b> <b>Rainbow Trix Yogurt</b> Strawberry Granola Milk/Juice/Fruit	<b>10</b> <b>Apple Frudel</b> Scooby Cinnamon Sticks Baby Carrots Milk/Juice/Fruit	<b>11</b> <b>Banana Muffin</b> Trix Cereal Bar Veggie Pack Milk/Juice/Fruit	<b>12</b> <b>Frosted Flakes Cereal</b> Chocolate Chip Chewy Bar Milk/Juice/Fruit
<b>15</b> 	<b>16</b> <b>Pancake on a Stick</b> w/ SF Syrup Cheez-Its Milk/Juice/Fruit	<b>17</b> <b>Blueberry Muffin</b> String Cheese Veggie Pack Milk/Juice/Fruit	<b>18</b> <b>Strawberry Pop Tart</b> Scooby Cinnamon Sticks Veggie Pack Milk/Juice/Fruit	<b>19</b> <b>Honey Nut Cheerios</b> Blueberry Nutri-grain Bar Milk/Juice/Fruit
<b>22</b> <b>Blueberry Bash Mini Waffles w/ SF Syrup</b> String Cheese Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>23</b> <b>Fudge Pop Tart</b> Cheez-Its Baby Carrots Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>24</b> <b>Breakfast Sausage Pizza</b> Cheez-Its Veggie Pack Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>25</b> <b>Cinnamon Swirl Roll</b> String Cheese Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>26</b> <b>Golden Graham Cereal</b> Vanilla/Blueberry Yogurt Strawberry Granola Milk/Juice/Fruit  <b>*High Protein Breakfast</b>
<b>29</b> <b>Blueberry Bagel</b> Light Cream Cheese Strawberry/Strawberry Banana Yogurt Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>30</b> <b>Strawberry Cheerios Breakfast Bar</b> Hard Boiled Egg Cheez-Its Veggie Pack Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>31</b> <b>Mini Maple Waffles w/ SF Syrup</b> String Cheese Veggie Pack Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>1 Feb 2024</b> <b>Sausage Egg &amp; Cheese Breakfast Bar</b> Strawberry Chex Mix Milk/Juice/Fruit  <b>*High Protein Breakfast</b>	<b>2</b> <b>Assorted Cereal</b> Vanilla/Blueberry Yogurt Milk/Juice/Fruit  <b>*High Protein Breakfast</b>

**"BULLDOG MENU - "Good nutrition is the foundation for a healthy body and a happy life."**

**-Unknown**

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

**Meals offered to on-site and virtual students.**

**\*High Protein Breakfast Meal Option (Cafeteria only)**

***This institution is an equal opportunity provider.***