

ALPINE PK BREAKFAST

NOV

MENU 2023



ANNOUNCEMENTS:

STAFF/STUDENT
NOON RELEASE
NOVEMBER 17TH

THANKGIVING
BREAK
NOV. 20-24

Fruit & Milk Choices
offered daily

Please note menu is
subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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1
Waffles w/Sausage

2
Breakfast Bowl
(Eggs, Potatoes, Biscuit, & Cheese)

3
Sunrise Sandwich
(Ham, Egg, & Cheese Croissant)

6
Breakfast Pizza

7
French Toast
w/Sausage

8
Power Breakfast
(Scrambled Eggs, Bacon, Biscuit, & Gravy)

9
Pancake Wrap w/Yogurt

10
Cheesy Toast
w/Sausage

13
Pancakes w/Bacon

14
Breakfast Bowl
(Eggs, Potatoes, Biscuit, & Cheese)

15
Breakfast Pizza

16
Sunrise Sandwich
(Ham, Egg, & Cheese Croissant)

17
Breakfast Burrito
w/Hashbrown

20
STUDENT HOLIDAY

21
STUDENT HOLIDAY

22
STUDENT HOLIDAY

HAPPY THANKSGIVING

24
STUDENT HOLIDAY

27
Pancakes w/Bacon

28
Breakfast Burrito

29
Waffles w/Sausage

30
Breakfast Bowl
(Eggs, Potatoes, Biscuit, & Cheese)

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Food and Nutrition Division
National School Lunch Program



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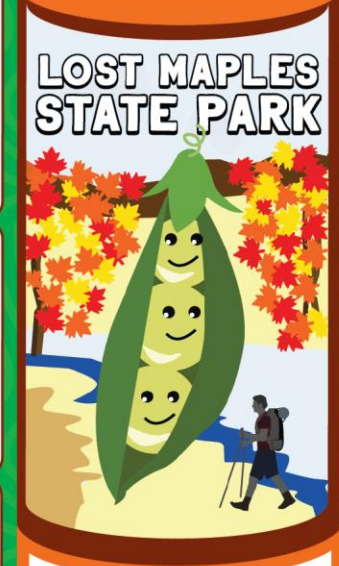


Updated 11/1/2023
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ALPINE K-12 BREAKFAST

NOV

MENU 2023



ANNOUNCEMENTS:

STAFF/STUDENT NOON RELEASE NOVEMBER 17TH

THANKGIVING BREAK NOV. 20-24

Fruit & Milk Choices offered daily

Please note menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Waffles w/Sausage Or Cereal Choice w/Toast	2 Breakfast Bowl (Eggs, Potatoes, Biscuit, & Cheese) Or Cereal Choice w/Toast	3 Donut w/Sausage Or Cereal Choice w/Toast
6 Breakfast Pizza Or Cereal Choice w/Toast	7 Dutch Waffle w/Sausage Or Cereal Choice w/Toast	8 Power Breakfast (Scrambled Eggs, Bacon, Biscuit, & Gravy) Or Cereal Choice w/Toast	9 Pancake Wrap w/Yogurt Or Cereal Choice w/Toast	10 Cinnamon Roll w/Sausage Or Cereal Choice w/Toast
13 Pancakes w/Bacon Or Cereal Choice w/Toast	14 Breakfast Bowl (Eggs, Potatoes, Biscuit, & Cheese) Or Cereal Choice w/Toast	15 Breakfast Pizza Or Cereal Choice w/Toast	16 Sunrise Sandwich (Ham, Egg, & Cheese Croissant) Or Cereal Choice w/Toast	17 Breakfast Burrito w/Hashbrown Or Cereal Choice w/Toast
20 STUDENT HOLIDAY	21 STUDENT HOLIDAY	22 STUDENT HOLIDAY	HAPPY THANKSGIVING	24 STUDENT HOLIDAY
27 Pancakes w/Bacon Or Cereal Choice w/Toast	28 Breakfast Burrito Or Cereal Choice w/Toast	29 Waffles w/Sausage Or Cereal Choice w/Toast	30 Breakfast Bowl (Eggs, Potatoes, Biscuit, & Cheese) Or Cereal Choice w/Toast	



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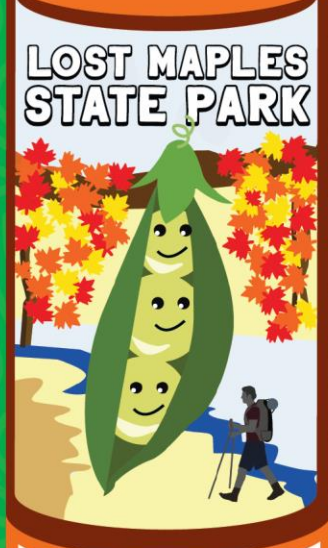


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ALPINE PK LUNCH

NOV

MENU 2023



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**STAFF/STUDENT
NOON RELEASE
NOVEMBER 17TH**

**THANKGIVING
BREAK
NOV. 20-24**

**Fruit & Milk Choices
offered daily**

**Please note menu is
subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Lasagna Fresh Broccoli Cinnamon Applesauce	2 Boneless Chicken Wings Carrot Coins	3 Chicken Parmesan Savory Green Beans
6 Corn Dog French Fries	7 Quesadilla Refried Beans	8 Spaghetti w/Breadsticks Garden Salad Fruity Gelatin	9 Asian Bowl w/ Egg Roll Broccoli	10 Cheese or Pepperoni Pizza Savory Green Beans
13 Steak Fingers w/ Hot Roll Mashed Potatoes	14 Chicken Fajitas Refried Beans	15 Turkey & Dressing w/Hot Roll Mashed Potatoes Savory Green Beans Cranberry Sauce Pumpkin Pie Pudding	16 Popcorn Chicken Golden Corn	17 Hot Dog Seasoned Curly Fries Snowball Salad
20 STUDENT HOLIDAY	21 STUDENT HOLIDAY	22 STUDENT HOLIDAY	HAPPY THANKSGIVING	24 STUDENT HOLIDAY
27 Crispy Chicken Drumstick w/Hot Roll Mashed Potatoes	28 Frito Pie Refried Beans	29 Lasagna Fresh Broccoli Cinnamon Applesauce	30 Boneless Chicken Wings Carrot Coins	



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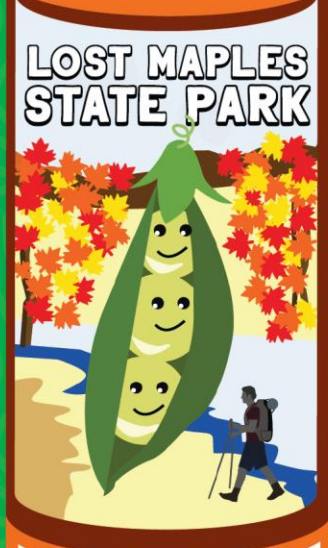


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ALPINE K-8TH LUNCH

NOV

MENU 2023



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NOON RELEASE
NOVEMBER 17TH

THANKGIVING
BREAK
NOV. 20-24

Fruit & Milk Choices
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subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

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1
Lasagna w/Breadsticks
Fresh Broccoli
Cinnamon Applesauce

2
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

3
Chicken Parmesan w/Hot
Roll
Savory Green Beans
Golden Corn

6
Corn Dog
French Fries
Fresh Tomato Cup

7
Quesadilla
Refried Beans
Fresh Cucumber Slices
Ice Cream Cup

8
Spaghetti w/Breadsticks
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

9
Asian Bowl w/ Egg Roll
Broccoli
Golden Corn

10
Cheese or Pepperoni
Pizza
Carrot Coins
Savory Green Beans
Fresh Baked Cookie

13
Chicken Fried Steak
w/ Hot Roll
Mashed Potatoes
Crispy Okra

14
Chicken Fajitas
Spanish Rice
Refried Beans
Carrot Coins
Sherbet Cup

15
Turkey & Dressing
w/Hot Roll
Mashed Potatoes
Savory Green Beans
Cranberry Sauce
Pumpkin Pie Pudding

16
Popcorn Chicken w/Roll
Golden Corn
Crunchy Broccoli Salad
Fresh Baked Cookie

17
Hot Dog
Seasoned Curly Fries
Fresh Tomato Cup
Snowball Salad

20
**STUDENT
HOLIDAY**

21
**STUDENT
HOLIDAY**

22
**STUDENT
HOLIDAY**

**HAPPY
THANKSGIVING**

24
**STUDENT
HOLIDAY**

27
Crispy Chicken Drumstick
w/Hot Roll Mashed
Potatoes Fresh Tomato
Cup

28
Frito Pie
Refried Beans
Fresh Veggie Cup
Fresh Baked Cookie

29
Lasagna
w/Breadstick
Fresh Broccoli
Cinnamon Applesauce

30
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

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ALPINE HIGH SCHOOL LUNCH

NOV

MENU 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Lasagna w/Breadsticks
Fresh Broccoli
Cinnamon Applesauce

2
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

3
Chicken Parmesan w/Hot
Roll
Savory Green Beans
Golden Corn

6
Corn Dog
French Fries
Fresh Tomato Cup

7
Quesadilla
Refried Beans
Fresh Cucumber Slices
Ice Cream Cup

8
Spaghetti w/Breadsticks
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

13
Chicken Fried Steak
w/ Hot Roll
Mashed Potatoes
Crispy Okra

14
Chicken Fajitas
Spanish Rice
Refried Beans
Carrot Coins
Sherbet Cup

15
Turkey & Dressing
w/Hot Roll
Mashed Potatoes
Savory Green Beans
Cranberry Sauce
Pumpkin Pie Pudding

9
Asian Bowl w/ Egg Roll
Broccoli
Golden Corn

10
Cheese or Pepperoni
Pizza
Carrot Coins
Savory Green Beans
Fresh Baked Cookie

16
Popcorn Chicken w/Roll
Golden Corn
Crunchy Broccoli Salad
Fresh Baked Cookie

20
STUDENT HOLIDAY

21
STUDENT HOLIDAY

22
STUDENT HOLIDAY

17
Hot Dog
Seasoned Curly Fries
Fresh Tomato Cup
Snowball Salad

24
STUDENT HOLIDAY

27
Crispy Chicken Drumstick
w/Hot Roll Mashed
Potatoes Fresh Tomato
Cup

28
Frito Pie
Refried Beans
Fresh Veggie Cup
Fresh Baked Cookie

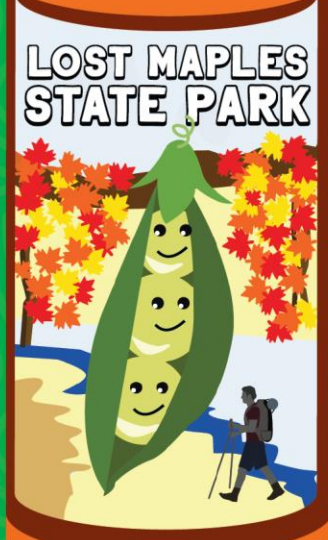
29
Lasagna
w/Breadstick
Fresh Broccoli
Cinnamon Applesauce

30
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

30
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

30
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

30
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet



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