

ALPINE PK BREAKFAST

SEPT

MENU 2023

STATE FAIR DALLAS



ANNOUNCEMENTS:

Student Holiday
September 4th

Staff/Student
noon release
September 29th

Fruit & milk choices
offered daily.

Please note menu is
subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1
French Toast w/Sausage

4
*STUDENT
HOLIDAY*

5
Breakfast Burrito
w/Hashbrown

6
Waffles w/Sausage

7
Breakfast Bowl
(Eggs, Potatoes, Biscuit, &
Cheese)

8
Sunrise Sandwich
(Ham, Egg, & Cheese
Croissant)

11
Breakfast Pizza

12
French Toast w/Sausage

13
Power Breakfast
(Scrambled Eggs, Bacon,
Biscuit, & Gravy)

14
Pancake Wrap w/Yogurt

15
Cheesy Toast
w/Sausage

18
Pancakes w/Bacon

19
Breakfast Bowl
(Eggs, Potatoes, Biscuit, &
Cheese)

20
Breakfast Pizza

21
Sunrise Sandwich
(Ham, Egg, & Cheese
Croissant)

22
Breakfast Burrito
w/Hashbrown

25
Sausage Kolache
w/Yogurt

26
Breakfast Taquito

27
Power Breakfast
(Scrambled Eggs, Bacon,
Biscuit, & Gravy)

28
Breakfast Pizza

29
French Toast w/Sausage



Food and Nutrition Division
National School Lunch Program



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ALPINE PK-12TH BREAKFAST

SEPT

MENU 2023

STATE FAIR DALLAS



ANNOUNCEMENTS:

Student Holiday
September 4th

Staff/Student
noon release
September 29th

Fruit & milk choices
offered daily.

Please note menu is
subject to change

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4
*STUDENT
HOLIDAY*

5
Breakfast Burrito
w/Hashbrown
Or
Cereal Choice w/Toast

6
Waffles w/Sausage
Or
Cereal Choice w/Toast

7
Breakfast Bowl
(Eggs, Potatoes, Biscuit, &
Cheese)
Or
Cereal Choice w/Toast

8
Donut w/Sausage
Or
Cereal Choice w/Toast

11
Breakfast Pizza
Or
Cereal Choice w/Toast

12
Dutch Waffles w/Sausage
Or
Cereal Choice w/Toast

13
Power Breakfast
(Scrambled Eggs, Bacon,
Biscuit, & Gravy)
Or
Cereal Choice w/Toast

14
Pancake Wrap w/Yogurt
Or
Cereal Choice w/Toast

15
Cinnamon Roll
w/Sausage
Or
Cereal Choice w/Toast

18
Pancakes w/Bacon
Or
Cereal Choice w/Toast

19
Breakfast Bowl
(Eggs, Potatoes, Biscuit, &
Cheese)
Or
Cereal Choice w/Toast

20
Breakfast Pizza Or Cereal
Choice w/Toast

21
Sunrise Sandwich
(Ham, Egg, & Cheese
Croissant)
Or
Cereal Choice w/Toast

22
Breakfast Burrito
w/Hashbrown
Or
Cereal Choice w/Toast

25
Sausage Kolache
w/Yogurt
Or
Cereal Choice w/Toast

26
Breakfast Taquito
Or
Cereal Choice w/Toast

27
Power Breakfast
(Scrambled Eggs, Bacon,
Biscuit, & Gravy)
Or
Cereal Choice w/Toast

28
Breakfast Pizza
Or
Cereal Choice w/Toast

29
French Toast w/Sausage
Or
Cereal Choice w/Toast



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ALPINE PK LUNCH

SEPT

MENU 2023

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Student Holiday
September 4th

Staff/Student
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September 29th

Fruit & milk choices
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Please note menu is
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday

Blank menu box for Tuesday

Blank menu box for Wednesday

Blank menu box for Thursday

1
X-treme Burrito
Golden Corn

4
*STUDENT
HOLIDAY*

5
Frito Pie
Refried Beans

6
Lasagna w/Breadsticks
Fresh Broccoli

7
Boneless Chicken Wings
Carrot Coins

8
Steak Fingers
Savory Green Beans

11
Corn Dog
French Fries

12
Quesadilla
Refried Beans

13
Crispy Chicken Sandwich
Garden Salad
Fruity Gelatin

14
Asian Bowl w/ Egg Roll
Broccoli

15
Cheese or Pepperoni Pizza
Savory Green Beans

18
Fish Sticks w/ Hot Roll
Mashed Potatoes

19
Chicken Fajitas
Refried Beans

20
Chicken Alfredo
w/Breadsticks
Savory Green Beans

21
Ranchero Wrap
Golden Corn

22
Hot Dog
Seasoned Curly Fries

25
Meat & Cheese Chalupa
Refried Beans

26
Chili Cheese Totchos
w/Hot Roll

27
Crispy Chicken Nuggets
Mac & Cheese
Yellow Squash

28
X-treme Burrito
Golden Corn

29
Hamburger or Cheeseburger
w/Chips
Fresh Garden Salad



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ALPINE K-8TH LUNCH

SEPT

MENU 2023

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Student Holiday
September 4th

Staff/Student
noon release
September 29th

Fruit & milk choices
offered daily.

Please note menu is
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

Blank menu box for Thursday.

1
X-treme Burrito
Golden Corn
Fresh Cucumber Slices
Fresh Baked Cookie

4
STUDENT HOLIDAY

5
Frito Pie
Refried Beans
Fresh Veggie Cup
Fresh Baked Cookie

6
Lasagna w/Breadsticks
Fresh Broccoli Cinnamon
Applesauce

7
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

8
Steak Fingers w/Hot Roll
Savory Green Beans
Golden Corn

11
Corn Dog
French Fries
Fresh Tomato Cup

12
Quesadilla
Refried Beans
Fresh Cucumber Slices Ice
Cream Cup

13
Crispy Chicken Sandwich
w/Chips
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

14
Asian Bowl w/ Egg Roll
Broccoli
Golden Corn

15
Cheese or Pepperoni Pizza
Carrot Coins
Savory Green Beans
Fresh Baked Cookie

18
Fish Sticks w/ Hot Roll
Mashed Potatoes
Crispy Okra

19
Chicken Fajitas
Spanish Rice
Refried Beans
Carrot Coins
Sherbet Cup

20
Chicken Alfredo
w/Breadsticks
Fresh Garden Salad
Savory Green Beans

21
Ranchero Wrap
Golden Corn Crunchy
Broccoli Salad
Fresh Baked Cookie

22
Hot Dog
Seasoned Curly Fries
Fresh Tomato Cup
Snowball Salad

25
Meat & Cheese Chalupas
Spanish Rice
Refried Beans
Golden Corn
Pudding cup

26
Chili Cheese Totchos
w/Hot Roll
Fresh Veggie Cup

27
Crispy Chicken Nuggets
Mac & Cheese
Fresh Carrot Sticks
Yellow Squash

28
X-treme Burrito
Golden Corn
Fresh Cucumber Slices
Fresh Baked Cookie

29
Hamburger or Cheeseburger
w/Chips
Fresh Garden Salad
Fresh Tomato Cup



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ALPINE HIGH SCHOOL LUNCH

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September 4th

Staff/Student
noon release
September 29th

Fruit & milk choices
offered daily.

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

4
*STUDENT
HOLIDAY*

5
Frito Pie
Refried Beans
Fresh Veggie Cup
Fresh Baked Cookie

6
Lasagna w/Breadsticks
Fresh Broccoli Cinnamon
Applesauce

7
Boneless Chicken Wings
w/Chips
Fresh Celery Sticks
Carrot Coins
Frozen Sherbet

8
Steak Fingers w/Hot Roll
Savory Green Beans
Golden Corn

11
Corn Dog
French Fries
Fresh Tomato Cup

12
Quesadilla
Refried Beans
Fresh Cucumber Slices Ice
Cream Cup

13
Crispy Chicken Sandwich
w/Chips
Fresh Veggie Cup
Garden Salad
Fruity Gelatin

14
Asian Bowl w/ Egg Roll
Broccoli
Golden Corn

15
Cheese or Pepperoni Pizza
Carrot Coins
Savory Green Beans
Fresh Baked Cookie

18
Fish Sticks w/ Hot Roll
Mashed Potatoes
Crispy Okra

19
Chicken Fajitas
Spanish Rice
Refried Beans
Carrot Coins
Sherbet Cup

20
Chicken Alfredo
w/Breadsticks
Fresh Garden Salad
Savory Green Beans

21
Ranchero Wrap
Golden Corn Crunchy
Broccoli Salad
Fresh Baked Cookie

22
Hot Dog
Seasoned Curly Fries
Fresh Tomato Cup
Snowball Salad

25
Enchiladas
Spanish Rice
Refried Beans
Golden Corn
Pudding cup

26
Chili Cheese Totchos
w/Hot Roll
Fresh Veggie Cup

27
Crispy Chicken Nuggets
Mac & Cheese
Fresh Carrot Sticks
Yellow Squash

28
X-treme Burrito
Golden Corn
Fresh Cucumber Slices
Fresh Baked Cookie

29
Hamburger or Cheeseburger
w/Chips
Fresh Garden Salad
Fresh Tomato Cup



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