



DECEMBER

2020

Alpine ISD Breakfast Menu



m

Breakfast Burrito
w/Hashbrowns
Or
Cereal Choice w/Toast

1.

t

Chicken & Waffles
Or
Cereal Choice w/Toast

2.

w

Stuffed Bagel w/Sausage
Or
Cereal Choice w/Toast

3.

th

French Toast w/Bacon
Or
Cereal Choice w/Toast

4.

f

Early Bird Sandwich :Waffle,
Sausage, & Egg
Or
Cereal Choice w/Toast

7.

Monte Cristo Breakfast
Sandwich: French Toast,
Turkey, & Cheese
Or
Cereal Choice w/Toast

8.

Power Breakfast: Biscuit w/
Gravy, Scrambled Eggs, and
Bacon
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

11.

Pancakes w/Bacon
Or
Cereal Choice w/Toast

14.

Sunrise Sandwich: Bagel
w/Cheese, Ham, & Scrambled
Egg
Or
Cereal Choice w/Toast

15.

Chicken Biscuit
Or
Cereal Choice w/Toast

16.

Breakfast Strudel w/Yogurt
Or
Cereal Choice w/Toast

17.

Breakfast Burrito
w/Hash Browns
Or
Cereal Choice w/Toast

18.

*STUDENT
HOLIDAY*

21.

*STUDENT
HOLIDAY*

22.

*STUDENT
HOLIDAY*

23.

*STUDENT
HOLIDAY*

24.

**Merry
Christmas**

*STUDENT
HOLIDAY*

28.

*STUDENT
HOLIDAY*

29.

*STUDENT
HOLIDAY*

30.

*STUDENT
HOLIDAY*

31.

Special Announcements:

Fresh Fruit, Juice, and Milk Choices
offered Daily



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program and School Breakfast Program



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GALAXY GREENS

The Milky Way is the galaxy which contains our solar system. The name "milky" comes from the Greek word galaxias and is used to describe our galaxy's appearance as a dim glowing band that arches across the night sky – making individual stars indistinguishable to the naked eye. Inside the Milky Way are at least 100 billion stars. The oldest star in the Galaxy is known as the Methuselah star, and it is at least 13.6 billion years old.

COMPLETE THE PATTERN



DID YOU KNOW?

Spinach is a leaf vegetable, also called potherb, vegetable green, leafy green and salad green. Spinach is an excellent source of beta carotene, a nutrient that helps our immune systems, skin and eyes. Spinach is a very good source of vitamin K for healthy blood and vitamin B6 supporting normal nervous system function and brain development. It is also a very good source of dietary fiber, phosphorus, magnesium, potassium, calcium, manganese, folate, vitamin E, vitamin C and iron. Spinach tastes great in salads, on a sandwich, tossed in an omelet, mixed in a smoothie, and more!



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