

March 2024 ALPS Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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				Wheat Pancakes, Sliced apples, Milk J.
4	5	6	7	8
Corn Flakes Cereal, Sliced Bananas, Milk K.	Wheat Toast, mixed fruit, Milk A.	Whole wheat Biscuit, pineapples, Milk B.	Wheat Cinnamon Toast, Apple Sauce, Milk C.	Oatmeal, Peaches, Milk D.
11	12	13	14	15
English Muffin w/cheese, Mandarin oranges, Milk E.	Whole Wheat French Toast Stick, Sliced Apples, Milk F.	Grits, Mixed Fruit, Milk G.	Cheerios Cereal, Pineapples, Milk H.	Scrambled Eggs, biscuit, diced pears, Milk I.
18	19	20	21	22
Wheat Pancakes, Sliced apples, Milk J.	Corn Flakes Cereal, Sliced Bananas, Milk K.	Wheat Toast, mixed fruit, Milk A.	Whole wheat Biscuit, pineapples, Milk B.	Wheat Cinnamon Toast, Apple Sauce, Milk C.
25	26	27	28	29
Oatmeal, Peaches, Milk D.	English Muffin w/cheese, Mandarin oranges, Milk E.	Whole Wheat French Toast Stick, Sliced Apples, Milk F.	Grits, Mixed Fruit, Milk G.	Closed-Inservice

A. Wheat Toast(26g)-Stone ground whole wheat flour, water, yeeast, brown sugar wheat gluten.

Mixed Fruit - peaches, pears, water,grapes, pearjuice.

B. Whole Wheat Biscuits(70.9g) - water, wholewheat flour, enriched flour bleached wheat flour, malted barley flour, niacin, iron.

Pineapples - pineapples, juice & citric acid.

C. Wheat Cinnamon toast(28g) flour, niacin, Vitamin b1, water, sugar,corn syrup, yeast, oil, salt, water.

Applesauce -apples,water,corn syrup.

D. Oatmeal(40g) - 100% natural whole grain rolled oats.

Peaches- Water, corn syrup, sugar.

E. English Muffin(57g)--Flour, malted barley, water, milk, sugar, salt, preservatices.

Mandarin Oranges-oranges, water & sugar.

F. Whole Wheat French Sticks(91g)-wheat flour,niacin iron, riboflavin, water, corn syrup, yeast salt.

Apples - apples, water.

G. Grits- white hominy grits corn, niacin, reduced iron, thiamin monoitrate, folic acid.

Mixed Fruit-- peaches, pears, water,grapes, pearjuice.

H. Cheerios(28g) - Whole grain Oats, Corn Starch, sugar, salt, tripotassium phosphate, vitamine E.

Pineapples - pineapples, juice & citric acid.

I. Scrambled Eggs - whole eggs, water, soybean oil, modified food starch whey solids.

Pineapples pineapples , water.

J Wheat pancakes(102g) whole wheat flour, water, buttermilk, sugar, soybean oil.

Sliced Apples-apples, water.

K. Corn Flakes-degermed yellow corn meal, sugar,salt,high fructose corn syrup, malt extract, vitamin c,b1,b6,b12.

Bananas- fresh bananas.

Milk - 1% 1 Gallon Containers