



Afton Breakfast Menu

December 2017

InSeason!Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Assorted Breakfast Sandwiches **01**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Apple Frudel **04**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza **05**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Maple waffles **06**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **07**
(UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **08**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Apple Filled **11**
Bosco Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet **12**
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini **13**
French Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

14
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **15**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

18
Cherry Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

19
Breakfast on a Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

20
Maple Mini Pancakes
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

21
Scrambled Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

22
Elementary Holiday Breakfast
Pancakes
Sausage
Apple Sauce
Milk
MS/HS: Breakfast Sandwich



Announcements

- Choices Available Daily:**
- Assorted Cereal
 - Assorted Cereal w/1/2 bagel
 - Bagel w/ Cream Cheese
 - Smoothies
- Milk Choices:**
- 1% White, Skim White
 - Skim Chocolate, Skim Strawberry (when available)

"USDA is an equal opportunity provider and employer"

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 17/18 school year!

"USDA is an equal opportunity provider and employer"



December

2017

MONDAY

January is National Soup Month!

TUESDAY

Visit this website for nutritional information on for our menu:

www.wadsworthk12.org

WEDNESDAY

THURSDAY

FRIDAY

Seasoned Chicken Fajitas on Soft Shell Fire Roasted Vegetables Fluffy Rice **04**

Hot Ham & Cheese On a Pretzel Roll Soup Seasoned Potato Wedges **05**

Grilled Chicken on Roll w/ Lettuce & Tomato Sweet Potato Fries **06**

Homemade Mac & Cheese Whole Grain Roll Green Peas **07**

Assorted Classic Pizzas Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers **01**

Italian Pepperoni Roll w/Marinara Sauce Crispy Fish on Bun Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers & Chick Peas **08**

Crunchy Chicken Tenders Whole Grain Roll Roasted Brussel Sprouts Ranch Potato Wedges **11**

Loaded Nachos with Meat & Cheese Refried Beans Whole Kernel Corn **12**

Italian Meatball Sub Garlic Buttered Pasta Green Bean & Tomato Salad **13**

Christmas Dinner Roast Pork Mashed Potatoes w/Gravy, Stuffing, Whole Grain Roll, Christmas Cookie **14**

Assorted Classic Pizzas Fun Fish Nuggets Whole Grain Roll Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers **15**

All American Cheeseburger Or Bacon Cheeseburger on Bun Sweet Potato Fries **18**

Fixed Your Way! Hot Dog or Cheesy Dog on Bun Vegetarian Beans **19**

Ultimate Chicken Bowl Whole Grain Roll Golden Corn **20**

Turkey & Gravy on Mashed Potatoes Whole Grain Roll Broccoli Florets **21**

Italian Pepperoni Roll w/Marinara Sauce Crispy Fish on Bun Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers **22**



WINTER BREAK



InSeason!Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

Crispy Chicken on Roll
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
Yogurt Parfait
Yogurt Plate

Menu subject to change without notice.

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 17/18 school year!

"USDA is an equal opportunity provider and employer"