

January 2017

Breakfast Menu

Fruit and Veggie of the month: Oranges & Cauliflower

MONDAY

No School 2



TUESDAY

3
Oatmeal
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

WEDNESDAY

4
Maple Mini Pancakes
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

THURSDAY

5
4 oz Yogurt w/ your
choice of one (1):
Fresh Baked Muffin,
Cereal, 1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

FRIDAY

6
Breakfast Sandwich
OR
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

9
Oatmeal
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

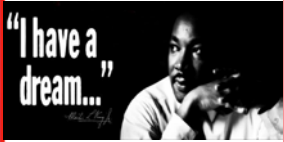
10
Breakfast Pizza
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

11
French Toast Sticks
Sausage
OR
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

12
Cheese Omelette
w/1/2 Bagel
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

13
Breakfast Sandwich
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School 16



17
Oatmeal
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

18
Mini Waffles
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

19
Scrambled Eggs
w/ 1/2 Bagel
OR
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

20
Breakfast Sandwich
OR
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

23
Oatmeal
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

24
Breakfast on a Stick
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

25
Breakfast Round
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

26
Pancakes
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

27
Breakfast Sandwich
OR
Bagel w/ Cream
Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School 30



31
Oatmeal
OR
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Did you know...

On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.

Available Daily:

Assorted Cereal
Or
Assorted Cereal
w/1/2 bagel

Milk Choices:

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

Menu Prices

Breakfast PK-12 \$1.00
Reduced Breakfast \$.25

School News



Remember you can make on-line
payments through:

Go to www.myschoolbucks to set up
an account today!

"USDA is an equal opportunity
provider and employer"

Menu subject to change without
notice.



January 2017

Afton Lunch Menu

Fruit and Veggie of the month: Oranges & Cauliflower

MONDAY

No School 2



Chicken Tenders
Whole Wheat Roll
Cheesy Rice
Carrots

+Elem: Turkey Sandwich

No School 16



Hot Dog or Cheesy
Dog on Bun
Baked Beans

+Elem: Italian Sub

No School 30



TUESDAY

Bacon Cheeseburger
Or Cheeseburger
On Bun
Potato Wedges

+Elem: Turkey Sub

Hot Ham & Cheese
On Pretzel Bun
Cauliflower Soup
Potato Wedges

+Elem: Egg Salad Sandwich

Chicken & Cheese
Quesadilla
w/Salsa & Sour Cream
Marinated Black Bean
Salad

+Elem: Turkey Sandwich

Nachos
w/Meat & Cheese
Corn

+Elem: Egg Salad Sandwich

Hot Meatball Subs
Buttered Noodles
Green Beans

+Elem: Tuna Sandwich

WEDNESDAY

Taco on Soft
or Hard Shell
Corn
Refried Beans

+Elem: Italian Sub

Pepperoni Roll
w/ Dipping Sauce
Broccoli

+Elem: Ham & Cheese Sub

French Toast Sticks
Sausage
Warmed Apples
Carrots

+Elem: Italian Sub

Philly
Cheese Steak Ciabatta
w/ Peppers & Onions
Sweet Potato Fries

+Elem: Turkey Sandwich

Did you know...

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THURSDAY

Zesty Orange
Chicken over Rice
Chinese Veggies
Egg Roll

+Elem: Ham & Cheese Sub

Chicken & Biscuits
Green Beans

+Elem: Tuna Sandwich

Swedish Meatballs
Over Noodles
Whole Wheat Roll
Brussel Sprouts

+Elem: Ham & Cheese Sub

Spaghetti
w/Meat Sauce
Garlic Bread Stick
Green Beans

+Elem: Ham & Cheese Sub

FRIDAY

Assorted Pizza
Romaine &
Spinach Salad
w/Tomatoes
& Chick peas

+Elem: Assorted Sandwiches

Assorted Pizza
Hot Fish on Bun
Romaine &
Spinach Salad
w/Tomatoes
& Chick Peas

Assorted Pizza
Romaine &
Spinach Salad
w/Tomatoes

+Elem: Assorted Sandwiches

Assorted Pizza
Romaine &
Spinach Salad
w/Tomatoes

+Elem: Assorted Sandwiches

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day

Milk Choices:

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

Elementary Available Daily:

Peanut Butter and Jelly Sandwich
Yogurt Plate
(4 oz. Yogurt, ½ sandwich & roll)

Menu Prices

Breakfast PK-12 1.00
Reduced Breakfast \$.25
Lunch PK - 5 \$2.15
Lunch 6- 12 \$2.15
Reduced Lunch \$.25

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