



January 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

02
Apple Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

03
Mini Maple Waffles
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

04
Ultimate Breakfast Round (UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

05
Assorted Breakfast Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

08
Apple Filled Bosco Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

09
Cheese Omelet w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

10
Mini French Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

11
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

12
Assorted Breakfast Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School 15
MLK DAY
I HAVE A DREAM

16
Cherry Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

17
Breakfast on a Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

18
Ultimate Breakfast Round (UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

19
Assorted Breakfast Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

22
Cinni Minis
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

23
Mini Maple Pancakes
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

24
Scrambled Eggs w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

25
Assorted Breakfast Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School 26
Professional Development for Educators

29
Apple Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

30
Breakfast Pizza
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

31
Mini Maple Waffles
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

InSeason! Oranges

Oranges are an excellent source of Vitamin C and Dietary Fiber.



In addition, oranges are a good source of B Vitamins including Vitamin B1, Pantothenic Acid, and Folate as well as Vitamin A, Calcium, Copper and Potassium.

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!

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Health·e
LIVING



Afton Elementary Lunch Menu

January 2018

InSeason! Oranges

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

02
Toasty Grilled Cheese Sandwich
Tomato Soup
Ham Sandwich

03
Italian Pepperoni Roll w/Marinara Sauce
Petite Peas
Egg Salad Sandwich

04
Homemade Mac & Cheese
Whole Grain Roll
Garlicky Green Beans
Turkey & Cheese Sandwich

05
Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

08
Crunchy Chicken Tenders
Whole Grain Roll
Seasoned Carrots
Seasoned Potato Wed
Tuna Sandwich

09
Loaded Nachos with Meat & Cheese
Whole Kernel Corn
Rice
Refried Beans
Ham Sandwich

10
Italian Meatball Sub
Garlic Buttered Pasta
Cut Green Beans
Soup
Egg Salad Sandwich

11
Delectable Turkey Pot Pie
Roasted Brussel Sprouts
Turkey & Cheese Sandwich

12
Assorted Classic Pizzas
Fun Fish Nuggets
Whole Grain Roll
Romaine and Spinach Salad with Tomatoes
and Fresh Cucumbers



15

16
Fluffy Pancakes
Scrambled Eggs
Breakfast Sausage
Warm Apples w/Cinnamon
Orange Roasted Carrots
Ham Sandwich

17
Tangy BBQ Rib Sandwich on Roll
Cherry Tomato & Corn Salad
Baked Beans
Soup
Egg Salad Sandwich

18
Spaghetti w/ Homemade Meat Sauce
Whole Grain Roll
Petite Peas
Turkey & Cheese Sandwich

19
Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

22
Crispy Chicken or Chicken Cordon Blue on Roll
Crinkly Sweet Potato Fries
Tuna Sandwich

23
Meaty Tacos on Hard or Soft Shell w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice
Ham Sandwich

24
Turkey Club Melt on Roll
Crispy French Fries
Soup
Egg Salad Sandwich

25
Assorted Classic Pizzas
Fun Fish Nuggets
Whole Grain Roll
Romaine and Spinach Salad with Tomatoes
and Fresh Cucumbers

No School 26
Professional Development for Educators

29
Seasoned Chicken Fajitas on Soft Shell
Fire Roasted Vegetables
Fluffy Rice
Tuna Sandwich

30
Hot Ham & Cheese On a Pretzel Roll
Soup
Seasoned Potato Wedges
Ham Sandwich

31
Hot Dog or Cheesy Dog on Bun
Baked Beans
Soup
Egg Salad Sandwich

January is National Soup Month! Come grab a bowl!


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:
Sandwich of the Day
PB&J
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!

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Health.e
LIVING



Afton High School Lunch Menu

January 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

02

Toasty Grilled Cheese Sandwich
Tomato Soup

03

Italian Pepperoni Roll w/Marinara Sauce
Petite Peas

04

Homemade Mac & Cheese
Whole Grain Roll
Garlicky Green Beans

05

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

08

Crunchy Chicken Tenders
Whole Grain Roll
Seasoned Carrots
Seasoned Potato Wedges

09

Loaded Nachos with Meat & Cheese
Whole Kernel Corn
Fluffy Rice
Refried Beans

10

Italian Meatball Sub
Garlic Buttered Pasta
Cut Green Beans
Soup

11

Delectable Turkey Pot Pie
Roasted Brussel Sprouts

12

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

No School 15

16

Fluffy Pancakes
Scrambled Eggs
Breakfast Sausage
Warm Apples w/Cinnamon
Orange Roasted Carrots

17

Tangy BBQ Rib Sandwich on Roll
Cherry Tomato & Corn Salad
Baked Beans
Soup

18

Spaghetti w/ Homemade Meat Sauce
Whole Grain Roll
Petite Peas

19

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

22

Crispy Chicken or Chicken Cordon Blue on Roll
Crinkly Sweet Potato Fries

23

Meaty Tacos on Hard or Soft Shell w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice

24

Turkey Club Melt on Roll
Crispy French Fries
Soup

25

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

No School 26

29

Seasoned Chicken Fajitas on Soft Shell
Fire Roasted Vegetables
Fluffy Rice

30

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

31

Hot Dog or Cheesy Dog on Bun
Baked Beans
Soup
Soup

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InSeason! Oranges

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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

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