



InSeason! Watermelon

Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, potassium, iron, calcium and amino acids. There's even a modest amount of potassium.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Apple Filled Bosco Stick **04**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini Maple Pancakes **05**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **06**
w/1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt w/ Muffin **07**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

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

Cherry Frudel **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **12**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **13**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Assorted Breakfast Items **18**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Pancakes **19**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cereal or Bagels **20**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cereal or Bagels **21**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Congratulations Class of 2018!
Best wishes for a happy, healthy future!



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

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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"

Afton School will be serving breakfast and lunch to all children 18 and under free of charge during the summer.

Hours of operations will be:
Breakfast 8:00 am – 9:00 am daily
Lunch: 11:00 am -12:30 pm daily
High School Cafeteria only
The program will run from July 9, 2018 to August 17, 2018



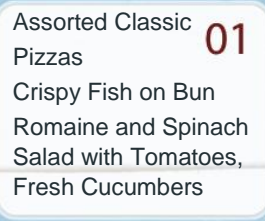
MONDAY

TUESDAY

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THURSDAY

FRIDAY



French Toast Sticks
Breakfast Sausage
Warm Apples w/Cinnamon
Orange Roasted Carrots
Turkey Sandwich **04**

Italian Pepperoni Roll w/Marinara Sauce
Cut Green Beans
Tuna Sandwich **05**

Annual End of Year BBQ!
Hamburgers, Hotdogs, Baked Beans, Macaroni Salad, Chips & Watermelon **06**

Crunchy Chicken Tenders
Whole Grain Roll
California Blend
Seasoned Potato Wedges
Ham & Cheese Sandwich **07**

Assorted Classic Pizzas
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers
Assorted Sandwiches **08**

Tangy BBQ Rib Sandwich on Roll
French Fries
Baked Beans
Italian Sub **11**

Chicken & Cheese Nachos
Whole Kernel Corn
Fluffy Rice
Egg Salad Sandwich **12**

Italian Meatball Sub
Garlic Buttered Pasta
Cut Green Beans
Ham Sandwich **13**

Garlic Chicken on Roll
Sweet Potato Fries
Sautéed Spinach
Turkey Sub **14**

Assorted Classic Pizzas
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers
Assorted Sandwiches **15**

Chicken Patty Sub
Seasoned Cauliflower
Assorted Sandwiches **18**

Cole Park Field Trip!
Breakfast and Lunch will be served at NO COST to students for the 17/18 school year! **19**

Turkey & Gravy on Mashed Potatoes
Whole Grain Roll
Roasted Carrots
Assorted Sandwiches **20**

Crunchy Chicken Tenders
Whole Grain Roll
Seasoned Carrots
Assorted Sandwiches **21**

Congratulations Class of 2018!
Best wishes for a happy, healthy future! **22**



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Watermelons are mostly water — about 92 percent — but this refreshing fruit is soaked with nutrients. Each juicy bite has significant levels of vitamins A, B6 and C, lots of lycopene, antioxidants and amino acids. There's even a modest amount of protein.

Ingredients

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:

PB & J
Yogurt Plate w/ ½ sandwich or cheese
Chef Salad
Menu subject to change without notice.

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