



Afton Breakfast Menu

March 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

Cheese Omelet
w/1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

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

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

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

Cheese Omelet
w/1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

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

No School


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

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

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

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

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

Cinni-Minnis
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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


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

Waffle Sticks
w/ Strawberries
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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







Get outside
and
WALK!!



InSeason! Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein. and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

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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Afton Elementary Lunch

March 2018

InSeason! Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein. and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

[Blank Lunch Menu]

[Blank Lunch Menu]

[Blank Lunch Menu]

Home style Turkey & Gravy on Mashed Potatoes
Cut Green Beans
Whole Grain Roll
Turkey & Cheese Sandwich **01**

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers
Dr. Seuss Birthday Cake **02**

Crunchy Chicken Tenders
Whole Grain Roll
Roasted Broccoli
Cheesy Rice
Tuna Sandwich **05**

Loaded Nachos with Meat & Cheese
Whole Kernel Corn
Refried Beans
Ham Sandwich **06**

Chicken & Biscuits
Seasoned Carrot Coins
Egg Salad Sandwich **07**

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers **08**

No School **09**



Fluffy Pancakes
Scrambled Eggs
Breakfast Sausage
Warm Apples w/Cinnamon
Orange Roasted Carrots
Tuna Sandwich **12**

All Beef Hot Dog or Cheesy Dog on Bun
Baked Beans
Ham Sandwich **13**

Italian Pepperoni Roll w/Dipping Sauce
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers **14**

Turkey Spedies On Roll
French Fries
Macaroni Salad
Turkey & Cheese Sandwich **15**

½ Day **16**
Bag Lunch for Elementary Students

Crispy Chicken or Chicken Cordon Blue on Roll
Crinkly Sweet Potato Fries
Tuna Sandwich **19**

Meaty Tacos on Hard or Soft Shell w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice
Ham Sandwich **20**

Garlic Chicken Sandwich
Crispy French Fries
Egg Salad Sandwich **21**

Spaghetti w/ Homemade Meat Sauce
Whole Grain Roll
Roasted Broccoli
Turkey & Cheese Sandwich **22**

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers **23**

26



27



28



29

Get outside and WALK!!

30



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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Afton Middle/High Lunch

March 2018

InSeason! Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein, and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

[Empty Lunch Box]

[Empty Lunch Box]

[Empty Lunch Box]

Home style Turkey & Gravy on Mashed Potatoes
Cut Green Beans
Whole Grain Roll **01**

Assorted Classic Pizzas
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers **02**

Crunchy Chicken Tenders **05**
Whole Grain Roll
Roasted Broccoli
Cheesy Rice

Loaded Nachos with Meat & Cheese **06**
Whole Kernel Corn
Refried Beans

Chicken & Biscuits **07**
Seasoned Carrot Coins

Assorted Classic Pizzas **08**
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

No School 09



Fluffy Pancakes **12**
Scrambled Eggs
Breakfast Sausage
Warm Apples w/Cinnamon
Orange Roasted Carrots

All Beef **13**
Hot Dog or Cheesy Dog on Bun
Baked Beans

Italian Pepperoni Roll **14**
W/Dipping Sauce
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

Turkey Spedies **15**
On Roll
French Fries
Macaroni Salad

½ Day 16
Bag Lunch for Elementary Students

Crispy Chicken or Chicken Cordon Blue **19**
on Roll
Crinkly Sweet Potato Fries

Meaty Tacos on Hard or Soft Shell **20**
w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice

21
Garlic Chicken Sandwich
Crispy French Fries

Spaghetti w/ Homemade Meat **22**
Sauce
Whole Grain Roll
Roasted Broccoli

Assorted Classic Pizzas **23**
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes,
Fresh Cucumbers

26



27



28



29
Get outside and WALK!!

30



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

Meal Prices

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