

Afton Breakfast Menu

May 2018

Health.e
LIVING



InSeason!Cherries

Tart cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with herbs like sage, chives, and verben; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

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

02

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

03

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

04

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

07

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

08

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

09

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

10

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

11

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

14

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

15

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

16

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

17

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

18

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

21

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

22

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

23

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

24

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

25

**No School
Vacation Day!**

No School
memorial
DAY
28

29

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

30

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

31

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

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 Menu

May 2018

Health-e LIVING



InSeason!Cherries

Tart cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with herbs like sage, chives, and verbena; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



MONDAY

May 4th is National School Lunch Hero Day! Make sure to say "thanks" to your lunch lady!

French Toast Sticks
Sausage
Scrambled Eggs
Orange Roasted Carrots
Ham Sandwich

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

Rodeo Burger On Bun
Baked Beans
Green Beans
Ham Sandwich

No School
memorial DAY

TUESDAY

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

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

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

Hot Ham & Cheese On Pretzel Roll
Soup
Tuna Sandwich

Crispy Chicken Tenders
Whole Grain Roll
Seasoned Potato Wedges
Ham Sandwich

WEDNESDAY

Hot Meatball Sub
Side a Pasta
Green Bean & Tomato Salad
Egg Salad Sandwich

Ultimate Chicken Bowl
Whole Grain Roll
Golden Corn
Egg Salad Sandwich

Fun Fair Food Day!
Sausage w/Peppers & Onions on Roll
Corn Dog
Crispy Fries
Cotton Candy Dixie

Italian Pepperoni Roll W/Dipping Sauce
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Loaded Nachos with Meat & Cheese
Whole Kernel Corn
Refried Beans
Egg Salad Sandwich

THURSDAY

Orange Chicken Over Rice
Stir Fry Veggies
Egg Roll
Turkey & Cheese Sub

Turkey Spedies On Roll
Macaroni Salad
Carrot & Celery Sticks
Italian Sub

Spaghetti w/Homemade Meat Sauce
Broccoli
Whole Grain Roll
Turkey & Cheese Sub

Homemade Mac & Cheese
Whole Grain Roll
Petite Green Peas
Turkey & Cheese Sub

Chicken & Biscuits
Seasoned Carrot Coins
Turkey & Cheese Sub

FRIDAY

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

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

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

No School
Vacation Day!

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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:
Sandwich of the Day
PB&J
Chef/Grilled Chicken Salad
Yogurt Parfait
Yogurt Plate

Menu subject to change without notice

May 4th!



Afton Middle School/High School

**Health.e
LIVING**



May 2018

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Cherries are best paired with herbs like sage, chives, and verbena; dairy products like sweet cream and ricotta cheese; and with meats like pork and beef especially when black pepper is added.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

May 4th is National School Lunch Hero Day! Make sure to say "thanks" to your lunch lady!

Loaded Nachos **01**
with Meat & Cheese
Whole Kernel Corn
Refried Beans

Hot Meatball Sub **02**
Side a Pasta
Green Bean &
Tomato Salad

Orange Chicken **03**
Over Rice
Stir Fry Veggies
Egg Roll

Assorted Classic **04**
Pizzas
Fun Fish Nugget
Whole Grain Roll
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

French Toast Sticks **07**
Sausage
Scrambled Eggs
Orange Roasted
Carrots

All Beef **08**
Hot Dog or Cheesy
Dog on Bun
Baked Beans

Ultimate Chicken **09**
Bowl
Whole Grain Roll
Golden Corn

Turkey Spedies **10**
On Roll
Macaroni Salad
Carrot & Celery Sticks

Italian Pepperoni Roll **11**
W/Dipping Sauce
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

Crispy Chicken or **14**
Chicken Cordon Blue
on Roll
Sweet Potato Fries

Meaty Tacos on **15**
Hard or Soft Shell
w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice

Fun Fair Food Day! **16**
Sausage w/Peppers&
Onions on Roll
Corn Dog
Crispy Fries
Cotton Candy Dixie

Spaghetti **17**
w/Homemade Meat
Sauce
Broccoli
Whole Grain Roll

Assorted Classic **18**
Pizzas
Crispy Fish on Bun
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

Rodeo Burger **21**
On Bun
Baked Beans
Green Beans

Hot Ham & Cheese **22**
On Pretzel Roll
Soup

Italian Pepperoni Roll **23**
W/Dipping Sauce
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

Homemade **24**
Mac & Cheese
Whole Grain Roll
Petite Green Peas

No School **25**
Vacation Day!

No School **28**
memorial
DAY

Crispy Chicken **29**
Tenders
Whole Grain Roll
Seasoned Potato
Wedges

Loaded Nachos **30**
with Meat & Cheese
Whole Kernel Corn
Refried Beans

Chicken & Biscuits **31**
Seasoned Carrot
Coins

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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

