



Afton Breakfast Menu

October 2017

InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

02
Cinni Mini
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

04
Scrambled Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

05
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

06
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

09
No School


10
Mini Maple Waffles
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

11
Breakfast Pizza
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

12
Ultimate Breakfast
Round (UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

13
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

16
Apple Filled
Bosco Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

17
Cheese Omelet
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

18
Mini
French Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

19
4 oz. Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

20
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

23
Cherry Frudel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

24
Breakfast on a Stick
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

25
Scrambled Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

26
Buttermilk Pancakes
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

27
Assorted Breakfast
Sandwiches
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

30
Cinni Mini
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

31
Mini Maple
Pancakes
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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Menu subject to change without notice.



Afton Elementary Lunch

October 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Crispy Chicken or Chicken Cordon Blue on Roll **02**
w/lettuce & tomato
Crinkly Sweet Potato Fries
Tuna Sandwich

Meaty Tacos on Hard or Soft Shell w/ All the topping **03**
Refried Beans
Golden Corn
Fluffy Rice
Ham Sandwich

Hot Turkey, bacon, cheese melt **04**
Seasoned Potato Wedges
Egg Salad Sandwich

Cheesy Chic' Penne Whole Grain Roll **05**
Roasted Brussel Spouts
Turkey & Cheese Sub

Assorted Classic Pizzas **06**
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
Ham & Cheese Sandwich

No School **09**


Ultimate Chicken Bowl **10**
Whole Grain Roll
Broccoli Slaw
Ham Sandwich

Tuscan Garlic Chicken on Roll **11**
Carrot & Sweet Potato Chowder
Egg Salad Sandwich

Delectable Turkey Pot Pie Harvest Bake **12**
Turkey & Cheese Sub

Italian Pepperoni Roll w/Marinara Sauce **13**
Beans & Greens
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
Ham & Cheese Sandwich

National School Lunch Week! Try something new this week!

Crunchy Chicken Tenders **16**
Whole Grain Roll
Mashed Taters w/Gravy
Roasted Broccoli

Loaded Nachos with Meat & Cheese **17**
Refried Beans
Whole Kernel Corn
Ham Sandwich

Italian Meatball Sub **18**
Side of Pasta
Garden Green Beans
Egg Salad Sandwich

Assorted Classic Pizzas **19**
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
Ham & Cheese Sandwich

20
No lunches
Will be served
Early dismissal day

Cinnamon French Toast Sticks **23**
Breakfast Sausage
Orange Roasted Carrots
Tuna Sandwich

Fixed Your Way! **24**
Hot Dog or Cheesy Dog on Bun
Vegetarian Beans
Ham Sandwich

Tangy BBQ Rib Sandwich with BBQ Sauce **25**
Crunchy Tator Tots
Egg Salad Sandwich

Orange Glazed Chicken over Rice **26**
Crunchy Egg Roll
Stir Fry Veggies
Turkey & Cheese Sub

27
½ Day
Bag Lunches for Elementary Students

Smokey Rodeo Burger **30**
On Bun
Seasoned Potato Wedges

Meaty Tacos on Hard or Soft Shell w/ All the topping **31**
Refried Beans
Marinated Black Bean Salad

InSeason! Pumpkins

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Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

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

Meal Prices

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Afton High School Lunch

October 2017

InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Crispy Chicken or Chicken Cordon Blue on Roll **02**
w/lettuce & tomato
Crinkly Sweet Potato Fries

Meaty Tacos on Hard or Soft Shell w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice **03**

Hot Turkey, bacon, cheese melt **04**
Seasoned Potato Wedges

Cheesy Chic' Penne Whole Grain Roll
Roasted Brussel Spouts **05**

Assorted Classic Pizzas **06**
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

No School **09**

Happy Columbus Day

Ultimate Chicken Bowl **10**
Whole Grain Roll
Broccoli Slaw

Tuscan Garlic Chicken on Roll **11**
Carrot & Sweet Potato Chowder

Delectable Turkey Pot Pie Harvest Bake **12**

Italian Pepperoni Roll w/Marinara Sauce **13**
Beans & Greens
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

National School Lunch Week! Try something new this week!

Crunchy Chicken Tenders **16**
Whole Grain Roll
Mashed Taters w/Gravy
Roasted Broccoli

Loaded Nachos with Meat & Cheese **17**
Refried Beans
Whole Kernel Corn

Italian Meatball Sub **18**
Side of Pasta
Garden Green Beans

Assorted Classic Pizzas **19**
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

20
No lunches will be served, early dismissal day

Cinnamon French Toast Sticks **23**
Breakfast Sausage
Orange Roasted Carrots

Fixed Your Way! Hot Dog or Cheesy Dog on Bun **24**
Vegetarian Beans

Tangy BBQ Rib Sandwich with BBQ Sauce **25**
Crunchy Tator Tots

Orange Glazed Chicken over Rice **26**
Crunchy Egg Roll
Stir Fry Veggies

27
½ Day
No lunches

Smokey Rodeo Burger **30**
On Bun
Seasoned Potato Wedges

Meaty Tacos on Hard or Soft Shell w/ All the topping **31**
Refried Beans
Marinated Black Bean Salad

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

Meal Prices

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