

Afton Breakfast Menu



October 2018

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


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

Breakfast Pizza **02**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round **03**
(UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free

NY Thursdays: **04**
4 oz.NY Yogurt
w/ Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

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

 **08**
No School

Breakfast on a Stick **09**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs **10**
w/½ Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursdays: **11**
Waffles
w/NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

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

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

Omelet w/½ Bagel **16**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursdays: **18**
Cheesy Eggs
w/½ Bagel
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

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

Assorted **22**
Oatmeal
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Boat **23**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes **24**
w/ Syrup or Strawberries
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursdays: **25**
4 oz.NY Yogurt
w/ NY Apple Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **26**
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted **29**
Oatmeal
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Ultimate Breakfast Round **31**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Join us for our "Meatless Mondays"

October 25th is Big Crunch Day!

Take a bite out of an Apple!

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
NY Yogurt Parfait
NY Yogurt Plate

Menu subject to change without notice

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

"USDA is an equal opportunity provider and employer"

Afton Elementary Lunch Menu



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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01
Cheese Ravioli
w/ Marinara Sauce
Garlic Toast
Green Garden Salad
Egg Salad Sandwich

02
Fiesta Chicken
& Rice Bowl
Marinated Black Bean
Salad
Ham Sandwich

03
Turkey, Bacon,
Cheese Melt
Crispy Tator Tots
Green Beans
Italian Sub

NY Thursdays:
04
Chicken Parmesan or
Crispy Chicken on
Whole Grain Roll
Sweet Potato Fries
NY Milk, NY Apples
Turkey & Cheese Sandwich

05
Assorted Classic
Pizzas
Romaine and Spinach
Salad with Tomatoes and
Fresh Cucumbers
Assorted Sandwiches



No School

08
09
Loaded Nachos
with Meat & Cheese
Refried Beans
Whole Kernel Corn
Ham Sandwich

10
Crispy Chicken
Tenders
Whole Grain Roll
Cheesy Rice
Seasoned Carrots
Tuna Sandwich

NY Thursdays:
11
Hamburger or
Cheeseburger on Roll
Whole Grain Roll
Oven Crisp Fries
NY Milk, NY Apples
Turkey & Cheese Sandwich

12
Italian Pepperoni
Roll w/Marinara
Sauce
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers
Assorted Sandwiches

15
Penne Alfredo
w/ Broccoli
Whole Grain Roll
Egg Salad Sandwich

16
Fixed Your Way!
Hot Dog or Cheesy
Dog on Bun
Vegetarian Beans
Ham Sandwich

17
Home-Style
Chicken & Biscuits
Petite Peas
Tuna Sandwich

NY Thursdays:
18
Seasoned, Chicken
Drumsticks
NY Potato Salad
Roasted Broccoli
NY Milk, NY Apples
Turkey & Cheese Sandwich

Early 19
Dismissal
No Lunches
Served

National School Lunch Week! Come have lunch with us!

22
Toasty Grilled
Cheese Sandwich
Campbell's Tomato
Soup
Garlicy Green Beans
Egg Salad Sandwich

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

24
Hot Ham & Cheese
on a Pretzel Roll
Macaroni Salad
Carrot Coins
Tuna Sandwich

25
Pulled Pork Sandwich
On Whole Grain Roll
Coleslaw
Oven Baked Fries
NY Milk, NY Apples
Turkey & Cheese Sandwich

26
1/2 Day
Bag Lunch

29
Homemade
Macaroni & Cheese
Whole Grain Roll
Carrot Coins
Egg Salad Sandwich

30
Italian Meatball
Sub
Garlic Buttered Pasta
Green Bean & Tomato
Salad
Ham Sandwich

31
Ultimate Chicken Bowl
Popcorn Chicken
Mashed Potatoes,
Gravy, Corn
& Cheese
Tuna Sandwich

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"Meatless
Mondays"

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