

Breakfast Menu



# September 2017

## InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

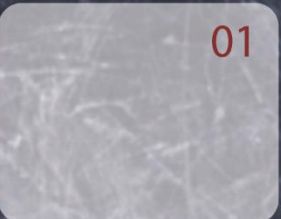
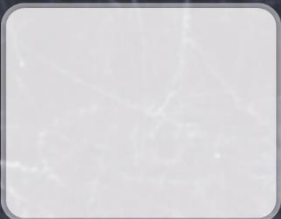
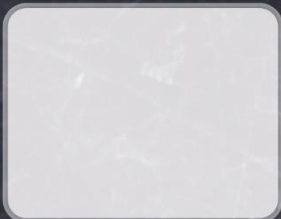
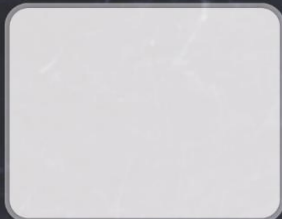
MONDAY

TUESDAY

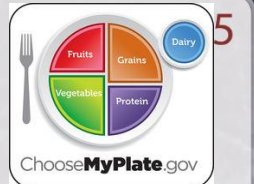
WEDNESDAY

THURSDAY

FRIDAY



**New meal 04 applications must be turned in by September 30th**



**07**  
Cinni Mini  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

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

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

**13**  
Mini Maple Waffles  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**14**  
Ultimate Breakfast Round (UBR)  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

**18**  
Apple Filled Bosco Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**19**  
Cheese Omelet w/1/2 Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**20**  
Mini French Toast Sticks  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**21**  
4 oz. Yogurt w/ Muffin  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

**25**  
Cherry Frudel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**26**  
Breakfast on a Stick  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**27**  
Scrambled Eggs w/1/2 Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**28**  
Buttermilk Pancakes  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**29**  
Assorted Breakfast Sandwiches  
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!**



Afton School Lunch

# September 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**New meal 04 applications must be turned in by September 30th**



Crispy Chicken Sandwich on Roll w/lettuce & tomato  
Crinkly Sweet Potato Fries  
Turkey & Cheese Sub

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

Seasoned Chicken Fajitas on Soft Shell  
Fire Roasted Vegetables  
Black Beans and Rice  
Tuna Sandwich

Toasty Grilled Cheese Sandwich  
Tomato Soup  
Ham Sandwich

Tuscan Garlic Chicken on Roll  
Roasted Zucchini Coins  
Egg Salad Sandwich

Turkey and Dressing Supreme  
Whole Grain Roll  
Garden Green Peas  
Turkey & Cheese Sub

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

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

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

Italian Meatball Sub  
Side of Pasta  
Green Bean and Tomato Salad  
Egg Salad Sandwich

Homemade Macaroni and Cheese  
Whole Grain Roll  
Carrot Coins  
Turkey & Cheese Sub

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

Cinnamon French Toast Sticks  
Breakfast Sausage  
Orange Roasted Carrots  
Tuna Sandwich

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

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

Salsa Chicken over Rice  
Whole Grain Roll  
Broccoli Florets  
Turkey & Cheese Sub

Cheese Calzone w/Marinara Sauce  
Crispy Fish on Bun  
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

## InSeason! Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are chock-full of antioxidants.



Grapes are a kind of berry. They have a leathery covering and a fleshy inside, similar to blueberries.

## 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

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# Afton High School Lunch

# September 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**New meal 04 applications must be turned in by September 30th**



Crispy Chicken Sandwich on Roll w/lettuce & tomato  
Crinkly Sweet Potato Fries

Assorted Classic Pizzas  
Romaine and Spinach Salad with tomatoes and fresh cucumbers

Seasoned Chicken Fajitas on Soft Shell  
Fire Roasted Vegetables  
Black Beans and Rice

Toasty Grilled Cheese Sandwich  
Tomato Soup

Tuscan Garlic Chicken on Roll  
Roasted Zucchini Coins

Turkey and Dressing Supreme  
Whole Grain Roll  
Garden Green Peas

Italian Pepperoni Roll w/Marinara Sauce  
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

Crunchy Chicken Tenders  
Whole Grain Roll  
Golden Cheesy Rice  
Roasted Broccoli

Loaded Nachos with Meat & Cheese  
Refried Beans  
Whole Kernel Corn

Italian Meatball Sub  
Side of Pasta  
Green Bean and Tomato Salad

Homemade Macaroni and Cheese  
Whole Grain Roll  
Carrot Coins

Assorted Classic Pizzas  
Romaine and Spinach Salad with tomatoes and fresh cucumbers

Cinnamon French Toast Sticks  
Breakfast Sausage  
Orange Roasted Carrots

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

Tangy BBQ Rib Sandwich with BBQ Sauce  
Crunchy Tator Tots

Salsa Chicken over Rice  
Whole Grain Roll  
Broccoli Florets

Cheese Calzone w/Marinara Sauce  
Crispy Fish on Bun  
Romaine and Spinach Salad with tomatoes and fresh

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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  
Yogurt Plate

Menu subject to change without notice.

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