



Afton Breakfast Menu

April 2019

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 g of dietary fiber, which can improve your overall digestive health.



Monday

Assorted Oatmeal 1
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal 8
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

15
No School
Spring Recess

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

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

Tuesday

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

Breakfast Pizza 9
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



Scrambled Eggs w/ 1/2 Bagel 23
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Omelet w/ 1/2 Bagel 30
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

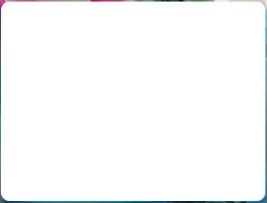
Wednesday

Ultimate Breakfast Round (UBR) 3
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes w/ Strawberries or Syrup 10
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



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



Thursday

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

Breakfast on a Stick 11
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



Waffles w/ Fruit or Syrup 25
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk



Friday

Assorted Breakfast Sandwiches 5
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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



Assorted Breakfast Sandwiches 26
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 18/19 school year!

Menu subject to change without notice.

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Afton Elementary Lunch



April 2019

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 g of dietary fiber, which can improve your overall digestive health.



Monday

Toasty Grilled Sandwich **1**
Campbell's Tomato Soup
Cut Green Beans
Egg Salad Sandwich

French Toast Sticks **8**
Scrambled Eggs
Orange Glazed Carrots
Egg Salad Sandwich

15
No School
Spring Recess

Hamburger or Cheeseburger **22**
On WG Roll
French Fries
Green Beans
Egg Salad Sandwich

Macaroni & Cheese **29**
Whole Grain Roll
Roasted Broccoli
Egg Salad Sandwich

Tuesday

Nachos **2**
w/ Meat & Cheese
Refried Beans
Golden Corn
Ham Sandwich

Hot Dog or Cheesy **9**
Dog on Bun
Home-style Baked Beans
Crispy Tator Tots
Ham Sandwich



Tacos on Hard or Soft Shell **23**
Refried Beans
Golden Corn
Ham Sandwich

Chicken Tacos **30**
On Soft Shell
Marinated Black Bean Salad
Fluffy Rice
Ham Sandwich

Wednesday

Chicken & Gravy **3**
Over Mashed Potatoes
Brussel Sprouts
Tuna Sandwich

Roasted Chicken **10**
Fluffy Rice
Roasted Broccoli
WG Roll
Tuna Sandwich



Ultimate Chicken Bowl **24**
Whole Grain Roll
Chick Pea Salad
Tuna Sandwich



Thursday

Pulled BBQ Pork Sandwiches **4**
Seasoned Potato Wedges
Green Beans
Turkey Sandwich

Chicken Cordon Blue or Chicken **11**
Patty on WG Roll
Sweet Potato Fries
Turkey Sandwich



Rotini **25**
w/Meat Sauce
Green Beans
WG Roll
Turkey Sandwich



Friday

Pepperoni Roll **5**
w/marinara Sauce
Romaine & Spinach Salad
Assorted Sandwiches

Assorted Classic **12**
Pizza
Romaine & Spinach Salad
Assorted Sandwiches



Assorted Pizza **26**
Romaine & Spinach Salad
Assorted Sandwiches



Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day
May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

PB&J
Chef/Grilled Chicken Salad
NY Yogurt Parfait
NY Yogurt Plate

Meal Prices

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Afton MS/HS Lunch Menu



April 2019

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.

They also provide 10.3 g of dietary fiber, which can improve your overall digestive health.



Monday

Toasty Grilled Sandwich 1
Campbell's Tomato Soup
Cut Green Beans

Tuesday

Nachos w/ Meat & Cheese 2
Refried Beans
Golden Corn

Wednesday

Chicken & Gravy Over Mashed Potatoes 3
WG Roll
Brussel Sprouts

Thursday

Pulled BBQ Pork Sandwiches 4
Seasoned Potato Wedges
Green Beans

Friday

Pepperoni Roll w/marinara Sauce 5
Romaine & Spinach Salad

French Toast Sticks 8
Scrambled Eggs
Orange Glazed Carrots

Hot Dog or Cheese Dog on Bun 9
Home-style Baked Beans
Crispy Tator Tots

Roasted Chicken Fluffy Rice 10
Roasted Broccoli
WG Roll

Chicken Cordon Blue or Chicken Patty on WG Roll 11
Sweet Potato Fries

Assorted Classic Pizza 12
Romaine & Spinach Salad

No School Spring Recess 15



Hamburger or Cheeseburger On WG Roll 22
French Fries
Carrot Coins

Tacos on Hard or Soft Shell 23
Refried Beans
Golden Corn

Ultimate Chicken Bowl 24
Whole Grain Roll
Chick Pea Salad

Rotini w/Meat Sauce 25
Green Beans
WG Roll

Assorted Pizza 26
Romaine & Spinach Salad

Macaroni & Cheese Whole Grain Roll 29
WG Roll
Roasted Broccoli

Chicken Tacos On Soft Shell 30
Marinated Black Bean Salad
Fluffy Rice

Announcements

Available Daily:

Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day

May Choose up to two (2)

NY Milk Choices:

1% White, Skim White
Skim Chocolate, Skim Strawberry (when available)

Daily Choices:

Chicken Patty, Cheeseburger, Hot Wrap of Day

Deli Bar

PB&J

Chef/Grilled Chicken Salad

NY Yogurt Parfait

NY Yogurt Plate

Meal Prices

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