



February 2019

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



Monday

Tuesday

Wednesday

Thursday

Friday

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[Blank menu box]

[Blank menu box]

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

Assorted Oatmeal 4
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Ultimate Breakfast Round 6
(UBR)
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt 7
w/ Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

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

Assorted Oatmeal 11
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Fluffy Pancakes 13
w/ Strawberries or Syrup
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick 14
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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



No School 19
Presidents' Day Recess

20
Read a book!



Assorted Oatmeal 25
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

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

Waffles 28
w/NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

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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!

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Menu subject to change without

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Afton Elementary Lunch Menu

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Assorted Pizzas **1**
Romaine & Spinach Salad
Assorted Sandwiches

Alfredo Rotini **4**
Cheesy Breadstick
Roasted Broccoli
Egg Salad Sandwich

Taco on Hard/soft Shell **5**
Refried Beans
Corn
Rice
Ham & Cheese Sandwich

Rib B Que on Roll **6**
Macaroni Salad
Carrot Coins
Tuna Salad Sandwich

Hot Turkey & Gravy **7**
On Mashed Potatoes
Green Beans
Turkey & Cheese Sandwich

Pepperoni Roll **8**
w/marinara Sauce
Romaine & Spinach Salad
Assorted Sandwiches

Macaroni & Cheese **11**
WG Roll
Carrots
Egg Salad Sandwich

Italian Meatball Sub **12**
Green Bean & Tomato Salad
Side of Pasta
Ham & Cheese Sandwich

Ultimate Chicken Bowl **13**
Chickpea Salad
WG Roll
Tuna Salad Sandwich

Spaghetti **14**
w/ Meat Sauce
WG Roll
Broccoli
Turkey & Cheese Sandwich

French Bread Pizza **15**
Romaine & Spinach Salad
Assorted Sandwiches



No School **19**
Presidents' Day Recess

20
Read a book!

Go for a walk **21**

22

French Toast Sticks **25**
Orange Roasted Carrots
Scrambled eggs
Egg Salad Sandwich

Nachos w/meat & Cheese **26**
Refried Beans
Corn
Ham & Cheese Sandwich

Crunchy Chicken Tenders **27**
Cheesy Rice
Carrots
Tuna Salad Sandwich

Hamburger/
Cheeseburger w/sauce **28**
Seasoned Potato Wedges
Turkey & Cheese Sandwich



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

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Cheesy Breadstick
Roasted Broccoli

Taco on Hard/soft Shell **5**
Refried Beans
Corn
Rice

Rib B Que on Roll **6**
Macaroni Salad
Carrot Coins

Hot Turkey & Gravy **7**
On Mashed Potatoes
Green Beans
WG Roll

Pepperoni Roll **8**
w/marinara Sauce
Romaine & Spinach Salad

Macaroni & Cheese **11**
WG Roll
Carrots

Italian Meatball **12**
Sub
Green Bean & Tomato Salad
Side of Pasta


Ultimate Chicken Bowl **13**
Chickpea Salad
WG Roll

Spaghetti w/Meat Sauce **14**
WG Roll
Broccoli

French Bread Pizza **15**
Romaine & Spinach Salad



No School **19**
Presidents' Day
Recess

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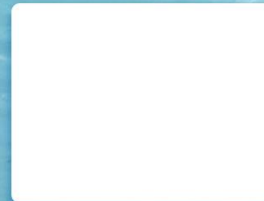

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Orange Roasted Carrots
Scrambled eggs

Nachos w/meat & Cheese **26**
Refried Beans
Corn

Crunchy Chicken Tenders **27**
Cheesy Rice
Carrots

Hamburger/ Cheeseburger w/sauce **28**
Seasoned Potato Wedges



Announcements

Available Daily:

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May Choose up to two (2)

NY Milk Choices:

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

Daily Choices:

Chicken Patty on Bun
Hamburger/Cheeseburger on Bun
Hot Wrap of the Day
Chef/Grilled Chicken Salad
NY Yogurt Parfait
NY Yogurt Plate

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