



February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Empty menu box for Monday.

Empty menu box for Tuesday.

Empty menu box for Wednesday.

Ultimate Breakfast Round (UBR) 01
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 02
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Apple Filled Bosco Stick 05
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cheese Omelet w/1/2 Bagel 06
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Mini French Toast Sticks 07
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. Yogurt w/ Muffin 08
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 09
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cherry Frudel 12
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick 13
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round (UBR) 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 Presidents' Day Recess 16

No School 19


Mini Maple Pancakes 20
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cinni Minis 21
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs w/1/2 Bagel 22
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 23
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Apple Frudel 26
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Mini Maple Waffles 28
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Empty menu box for Thursday.

Empty menu box for Friday.

InSeason! Broccoli

Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.



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

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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February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

[Empty Lunch Box]

[Empty Lunch Box]

[Empty Lunch Box]

Hot Turkey & Gravy **01**
On Mashed Potatoes
Whole Grain Roll
Green Peas
Turkey & Cheese Sandwich

Assorted Classic Pizzas **02**
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

Crunchy Chicken Tenders **05**
Whole Grain Roll
Roasted Broccoli
Cheesy Rice
Tuna Sandwich

Loaded Nachos with Meat & Cheese **06**
Whole Kernel Corn
Refried Beans
Ham Sandwich

Italian Pepperoni Roll **07**
W/Dipping Sauce
Cut Green Beans
Egg Salad Sandwich

Homemade Mac & Cheese **08**
Whole Grain Roll
Seasoned Carrots
Turkey & Cheese Sandwich

Assorted Classic Pizzas **09**
Fun Fish Nuggets
Whole Grain Roll
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

Classic Bacon **12**
Cheeseburgers or Cheeseburger on Bun
Sweet Potato Fries
Tuna Sandwich

All Beef **13**
Hot Dog or Cheesy Dog on Bun
Baked Beans
Ham Sandwich

Love Me Tender Ultimate Chicken Bowl **14**
Healthy Heart Whole Grain Roll
Love Goddess Golden Corn
Valentine's Day Dessert
Egg Salad Sandwich

Assorted Classic Pizzas **15**
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

No School 16
Presidents' Day Recess

No School 19


Meaty Tacos on Hard or Soft Shell w/ All the topping **20**
Refried Beans
Golden Corn
Fluffy Rice
Ham Sandwich

Turkey Club Melt **21**
On Roll
Seasoned Potato Wedges
Egg Salad Sandwich

Rotini w/ Homemade Meat Sauce **22**
Whole Grain Roll
Garlic Green Beans
Turkey & Cheese Sandwich

Assorted Classic Pizzas **23**
Crispy Fish on Bun
Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

Italian Meatball Sub **26**
Side of Pasta
Petite Peas
Tuna Sandwich

Toasty Grilled Cheese Sandwich **27**
Tomato Soup
Ham Sandwich

BBQ Chicken on Roll **28**
Crispy Tator Tots
Roasted Zucchini
Egg Salad Sandwich

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[Empty Lunch Box]

InSeason! Broccoli

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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:

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

February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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[Empty Lunch Box]

[Empty Lunch Box]

Hot Turkey & Gravy **01**
On Mashed Potatoes
Whole Grain Roll
Green Peas

Assorted Classic **02**
Pizzas
Crispy Fish on Bun
Romaine and Spinach
Salad with Tomatoes,
Fresh Cucumbers

Crunchy Chicken **05**
Tenders
Whole Grain Roll
Roasted Broccoli
Cheesy Rice

Loaded Nachos **06**
with Meat & Cheese
Whole Kernel Corn
Refried Beans

Italian Pepperoni Roll **07**
W/Dipping Sauce
Cut Green Beans

Homemade Mac & **08**
Cheese
Whole Grain Roll
Seasoned Carrots

Assorted Classic **09**
Pizzas
Fun Fish Nuggets
Whole Grain Roll
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers

Classic Bacon **12**
Cheeseburgers or
Cheeseburger on Bun
Sweet Potato Fries

All Beef **13**
Hot Dog or Cheesy
Dog on Bun
Baked Beans

Love Me Tender Ultimate **14**
Chicken Bowl
Healthy Heart Whole
Grain Roll
Love Goddess Golden
Corn
Valentine's Day Dessert

Assorted Classic **15**
Pizzas
Crispy Fish on Bun
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers

No School 16
Presidents' Day
Recess

No School 19


Meaty Tacos on **20**
Hard or Soft Shell
w/ All the topping
Refried Beans
Golden Corn
Fluffy Rice

Turkey Club Melt **21**
On Roll
Seasoned Potato
Wedges

Rotini w/
Homemade Meat **22**
Sauce
Whole Grain Roll
Roasted Brussel
Sprouts

Assorted Classic **23**
Pizzas
Crispy Fish on Bun
Romaine and Spinach
Salad with Tomatoes
and Fresh Cucumbers

Italian Meatball **26**
Sub
Side of Pasta
Petite Peas

Toasty Grilled **27**
Cheese Sandwich
Tomato Soup

BBQ Chicken **28**
on Roll
Crispy Tator Tots
Roasted Zucchini

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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

Meal Prices

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will be served at NO
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year!**

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