

Monday	Tuesday	Wednesday	Thursday	Friday
Pillsbury Breakfast Bar <b>3</b> 100% Juice Low Fat/Fat Free Milk	<b>Elem: Bagel</b> <b>4</b> <b>MS/HS: Scrambled Eggs &amp; Cheese w/ ½ bagel</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	<b>Elem: Muffin</b> <b>5</b> <b>MS/HS: Cinnamon Roll</b> 100% Juice Low Fat/Fat Free Milk	Mini Waffles <b>6</b> 100% Juice Low Fat/Fat Free Milk	Breakfast Sandwich <b>7</b> 100% Juice Low Fat/Fat Free Milk
Pancakes <b>10</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	<b>Elem: Bagel</b> <b>11</b> <b>MS/HS: Omelet w/ ½ bagel</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Frudels <b>12</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Yogurt & Muffin <b>13</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Breakfast Sandwich <b>14</b> 100% Juice Low Fat/Fat Free Milk
No School <b>17</b> 	Pop Tarts <b>18</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	<b>Elem: Bagel</b> <b>19</b> <b>MS/HS: Breakfast Pizza</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Cinni Minis <b>20</b> 100% Juice Low Fat/Fat Free Milk	Breakfast Sandwich <b>21</b> 100% Juice Low Fat/Fat Free Milk
Mini Pancakes <b>24</b> 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Pillsbury Breakfast Bar <b>25</b> 100% Juice Low Fat/Fat Free Milk	<b>Elem: Bagel</b> <b>26</b> <b>MS/HS:</b> Chicken & Waffles 100% Juice Fresh/Canned Fruit Low Fat/Fat Free Milk	Breakfast Pizza Squares <b>27</b> 100% Juice Low Fat/Fat Free Milk	Breakfast Sandwich <b>28</b> 100% Juice Low Fat/Fat Free Milk
Frudel <b>31</b> 100% Juice Low Fat/Fat Free Milk				

**Choices Available Daily:** Assorted Cereal, Assorted Cereal w/ ½ Bagel, Bagel w/ Cream Cheese, Smoothie, Pop-Tarts

**Milk Choices:** 1% White, Skim White, Skim Chocolate



**PAY FOR MEALS ONLINE**  
MySchoolBucks.com

# JANUARY 2022

## Afton Lunch Menu

Breakfast and Lunch will be served at NO COST to students for the 21/22 school year!

Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks <b>3</b> Sausage Orange Glazed Carrots	Chicken Tenders <b>4</b> Seasoned Rice Roasted Broccoli WG Roll	Ultimate Chicken Bowl <b>5</b> Corn WG Roll	Macaroni & Cheese <b>6</b> Peas WG Roll	Pepperoni or Three Cheese Roll <b>7</b> W/Dipping Sauce Romaine Salad
Bacon Cheeseburger <b>10</b> Or Cheeseburger on Roll Crispy Fries	Nachos <b>11</b> w/ Meat, Cheese, Salsa & Sour Cream Corn Refried Beans	Hot Ham & Cheese <b>12</b> Macaroni Salad Tator Tots	Roast Pork & Gravy <b>13</b> over Mashed Potatoes Green Beans WG Roll	Assorted Classic <b>14</b> Pizza Romaine Salad
No School <b>17</b> 	Chicken Filet <b>18</b> w/ Bacon & Cheese Sweet Potato Fries	Hot Meatball Sub <b>19</b> Buttered Noodles Green Beans	<b>**NY Thursday**</b> <b>20</b> NY BBQ Pulled Pork on Roll NY Coleslaw NY Roasted Potatoes NY Apple NY Milk	Pepperoni or Three Cheese Roll <b>21</b> W/Dipping Sauce Romaine Salad
Grilled Cheese Sandwich <b>24</b> Campbell's Tomato Soup	Taco on Soft Shell <b>25</b> w/ Meat, Cheese, Salsa & Sour Cream Corn & Tomato Salad	Hot Dog or Cheesy Dog on Roll <b>26</b> Vegetarian Beans Tator Tots	Roast Chicken <b>27</b> Mashed Potatoes & Gravy Cucumber Salad WG Roll	Assorted Classic <b>28</b> Pizza Romaine Salad
BBQ Rib on Roll <b>31</b> French Fries Green Beans	<p align="center"><b>NY Food Vendors:</b>            Pork: Catskill Cattle, Deposit, NY            Milk: Upstate Farms, NY            NY Food Vendors: Apples, Cabbage &amp; Carrots, Potatoes: Headwater Food Hub, Ontario, NY</p>			

**Available Daily:** Canned fruit, fresh fruit, fresh veggie, Hot veggie of the day.  
PB&J, Yogurt Plate, Specialty Salads, & Yogurt Parfaits

**NY Milk Choices:** 1% White, Skim White, Skim Chocolate

**Weekly Sandwich Choices:**

Monday: Ham  
Tuesday: Egg Salad  
Wednesday: Tuna  
Thursday: Turkey  
Friday: Assorted

