

Afton Breakfast Menu



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

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

1

Assorted Oatmeal **2**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursday: **3**
Waffles
w/NY Blueberries
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **4**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **7**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs w/ 1/2 Bagel **8**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round (UBR) **9**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Muffin **10**
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **11**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal **14**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Fluffy Pancakes w/ Strawberries Syrup **16**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick **17**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **18**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School **21**

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

23
French Toast Sticks
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

NY Thursday: **24**
4 oz. NY Yogurt w/ Muffin
100% Juice
Fresh /Canned Fruit
NY Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **25**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

No School **28**

Breakfast on a Stick **29**
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

Waffles w/NY Blueberries **31**
100% Juice
Fresh /Canned Fruit
NY 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!

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Menu subject to change without notice.



Afton Elementary Menu

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

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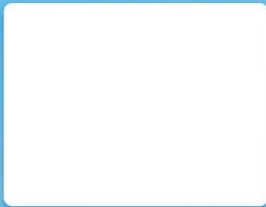
Monday

Tuesday

Wednesday

Thursday

Friday



Tacos on Hard or Soft Shell **2**
 Refried Beans
 Golden Corn
 Tuna Sandwich

NY Thursday: 3
 Chicken & Biscuits
 Green Beans
 NY Milk, NY Apples
 Turkey & Cheese Sandwich

Italian Pepperoni Roll w/Marinara Sauce **4**
 Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers
 Assorted Sandwiches

Toasty Grilled Cheese Sandwich **7**
 Campbell's Tomato Soup
 Petite Peas
 Egg Salad Sandwich

Italian Meatball Sub **8**
 Buttered Garlic Noodles
 Cut Green Bean Ham Sandwich

Ultimate Chicken Bowl **9**
 Whole Grain Roll
 Chick Pea Salad
 Tuna Sandwich

Spaghetti w/w/Homemade Meat Sauce **10**
 Garlic Bread Stick
 Broccoli
 Turkey & Cheese Sandwich

French Bread Pizzas **11**
 Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
 Assorted Sandwiches

Macaroni & Cheese **14**
 Whole Grain Roll
 Crunchy Carrot Coins
 Egg Salad Sandwich

Orange Chicken **15**
 Over Rice
 Oriental Veggies
 Baked Egg Roll
 Ham Sandwich

Turkey, Bacon Cheese Melt **16**
 Baked Beans
 Crispy Tator Tots
 Tuna Sandwich

Chicken Cordon Bleu **17**
 Crispy Chicken on WG Roll, Sweet Potato Fries
 NY Milk, NY Apples
 Turkey & Cheese Sandwich

Assorted Classic Pizzas **18**
 Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers
 Assorted Sandwiches



Loaded Nachos with Meat & Cheese **22**
 Salsa & Sour Cream
 Refried Beans
 Golden Corn
 Ham Sandwich

Crispy Chicken Tenders **23**
 Whole Grain Roll
 Cheesy Rice
 Seasoned Carrots
 Tuna Sandwich

NY Thursday:
 NY Hamburger or Cheeseburger on WG Roll, Seasoned Potato Wedges,
 NY Milk, NY Apples
 Turkey & Cheese Sandwich

Italian Pepperoni Roll w/Marinara Sauce **25**
 Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers
 Assorted Sandwiches



Hot Dog or Cheesy Dog on Bun **29**
 Home-style Baked Beans

Hot Ham & Cheese on a Pretzel Roll **30**
 Soup
 Cut Green Beans
 Tuna Sandwich

BBQ Chicken Pieces **31**
 Seasoned Rice
 Roasted Broccoli
 WG Roll
 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

Meal Prices

Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!

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Afton Middle/High Menu

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

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Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box for Monday.

1

2
 Tacos on Hard or Soft Shell
 Refried Beans
 Golden Corn

3
NY Thursday:
 Chicken & Biscuits
 Green Beans
 NY Milk, NY Apples

4
 Italian Pepperoni Roll w/Marinara Sauce
 Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

7
 Toasty Grilled Cheese Sandwich
 Campbell's Tomato Soup
 Petite Peas

8
 Italian Meatball Sub
 Buttered Garlic Noodles
 Cut Green Bean

9
 Ultimate Chicken Bowl
 Whole Grain Roll
 Chick Pea Salad

10
 Spaghetti w/ w/Homemade Meat Sauce
 Garlic Bread Stick
 Broccoli

11
 French Bread Pizzas
 Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

14
 Macaroni & Cheese
 Whole Grain Roll
 Crunchy Carrot Coins

15
 Orange Chicken Over Rice
 Oriental Veggies
 Baked Egg Roll

16
 Turkey, Bacon Cheese Melt
 Baked Beans
 Crispy Tator Tots

17
 Chicken Cordon Blue
 Crispy Chicken on WG Roll, Seasoned NY Potato Wedges
 NY Milk, NY Apples

18
 Assorted Classic Pizzas
 Romaine and Spinach Salad with Tomatoes and Fresh Cucumbers

No School

22
 Loaded Nachos with Meat & Cheese
 Salsa & Sour Cream
 Refried Beans
 Golden Corn

23
 Crispy Chicken Tenders
 Whole Grain Roll
 Cheesy Rice
 Seasoned Carrots

24
NY Thursday:
 NY Hamburger or Cheeseburger on WG Roll, Seasoned Potato Wedges,
 NY Milk, NY Apples

25
 Italian Pepperoni Roll w/Marinara Sauce
 Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

No School

29
 Hot Dog or Cheesy Dog on Bun
 Home-style Baked Beans

30
 Hot Ham & Cheese on a Pretzel Roll
 Soup
 Cut Green Beans

31
 BBQ Chicken Pieces
 Seasoned Rice
 Roasted Broccoli
 WG Roll

Blank menu box for Friday.

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 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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