

# Afton Breakfast Menu



# June 2019

**In Season Watermelon**

Watermelons are 92 percent water, but these refreshing fruits are filled with nutrients.

They have vitamins A, B6, and C, lots of lycopene, antioxidants and amino acids.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

Cocoa Puff Pastry **3**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

Omelet w/ **5**  
½ Bagel  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick **6**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **7**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free

Assorted Cereal Bagels w/Cream Cheese **10**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free

Scrambled Eggs w/ ½ Bagel **11**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Fluffy Pancakes **12**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Muffin **13**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

Cinnamon Toast Crunch Pastry **17**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Breakfast on a Stick **18**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Waffles **19**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Ultimate Breakfast Round **20**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches **21**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**Regents Week! Good Luck! We are open! Fuel your brain!**

Assorted Cereal Bagels w/Cream Cheese **24**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

Assorted Cereal Bagels w/Cream Cheese **25**  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk



**26**

**27**

**28**

**29**

**Congratulations, Class of 2019! Best Wishes for a Happy, Healthy Future!**

Free summer meals will be available to all children ages 18 and under in the Afton Central School Middle/high School Cafeteria from

July 8<sup>th</sup> through August 16<sup>th</sup>, Monday – Friday.  
Breakfast: 7:15 – 9:00  
Lunch: 11:00 – 12:30

## 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

## Meal Prices



This institution is an equal opportunity provider.

# Afton Elementary Lunch Menu



# June 2019

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## Wednesday

## Thursday

## Friday

BBQ Chicken Sub **3**  
w/Cheese  
Tator Tots  
Green Beans

Nachos **4**  
w/ Meat & Cheese  
Refried Beans  
Golden Corn

Chicken & Gravy **5**  
On Mashed Potatoes  
Broccoli

Pulled BBQ Pork **6**  
On Roll  
Coleslaw  
Potato Wedges

Pepperoni Roll **7**  
w/marinara Sauce  
Romaine & Spinach  
Salad

Hamburger or  
Cheeseburger **10**  
on Bun  
Roasted Broccoli  
Fries

Chicken Tacos **11**  
on Soft Shell  
Beans  
Rice

Hot Ham & Cheese **12**  
On Pretzel Roll  
Soup  
Brussel Sprouts

Turkey Spedies **13**  
On Roll  
Macaroni Salad  
Carrot Coins

Assorted Classic **14**  
Pizza  
Romaine & Spinach  
Salad

Chicken **17**  
Cordon Blue Or  
Chicken Patty on Bun  
Crinkly Sweet Potato  
Fries

Italian Meatball **18**  
Buttered Garlic Pasta  
Green Beans

**Field Days** **19**  
Assorted Sub  
Pasta Salad  
Chips

Rib B Que **20**  
on Roll  
Fries  
Carrot Coins

Assorted Classic **21**  
Or  
French Bread Pizza  
Romaine & Spinach  
Salad

**Regents Week! Good Luck! We are open! Fuel your brain!**

Cole Park **24**  
Field Trip Day!  
BBQ Lunch  
provided at Park!

Last Day! **25**  
Cook's Choice!  
Look for one of your  
favorites!



Cole Park **27**  
Field Trip Day!  
BBQ Lunch  
provided at Park!

**28**

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Cheeseburger, Hot Wrap of Day  
Deli Bar  
PB&J  
Chef/Grilled Chicken Salad  
NY Yogurt Parfait

## Meal Prices



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# Afton MS/HS Lunch Menu



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Green Beans

Nachos **4**  
w/ Meat & Cheese  
Refried Beans  
Golden Corn

Chicken & Gravy **5**  
On Mashed Potatoes  
Broccoli

Pulled BBQ Pork **6**  
On Roll  
Coleslaw  
Potato Wedges

Pepperoni Roll **7**  
w/marinara Sauce  
Romaine & Spinach  
Salad

Hamburger or Cheeseburger **10**  
on Bun  
Roasted Broccoli  
Fries

Chicken Tacos **11**  
on Soft Shell  
Beans  
Rice

Hot Ham & Cheese **12**  
On Pretzel Roll  
Soup  
Brussel Sprouts

Turkey Spedies **13**  
On Roll  
Macaroni Salad  
Carrot Coins

Assorted Classic **14**  
Pizza  
Romaine & Spinach  
Salad

Chicken **17**  
Cordon Blue Or  
Chicken Patty on Bun  
Crinkly Sweet Potato  
Fries

**18**

**19**

**20**

**21**

Regents Week! Good Luck! The Elementary Cafeteria is open! Fuel your brain!

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