



March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday



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

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

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

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

Tuesday



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

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

Scrambled Eggs w/ 1/2 Bagel **19**
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

Wednesday



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

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

French Toast Sticks Sausage **20**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

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

Thursday



Assorted Breakfast Sandwiches **7**
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

4 oz. NY Yogurt w/ Muffin **21**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles w/ Fruit or Syrup **28**
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Friday

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

PROFESSIONAL DEVELOPMENT

No School

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

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

Assorted Breakfast Sandwiches **29**
100% Juice
Fresh /Canned Fruit
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 Lunch Menu

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March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday



Pepperoni Roll w/marinara Sauce **1**
Romaine & Spinach Salad
Assorted Sandwiches

Toasty Grilled Sandwich **4**
Campbell's Tomato Soup
Cut Green Beans
Egg Salad Sandwich

Hot Dog or Cheesy Dog on Bun **5**
Home-style Baked Beans
Corn
Ham Sandwich

Chicken & Biscuits **6**
Seasoned Carrots
Tuna Salad Sandwich

Assorted Classic Pizza **7**
Romaine & Spinach Salad
Assorted Sandwiches

PROFESSIONAL DEVELOPMENT }

No School

Rotini Alfredo **11**
Roasted Broccoli
Cheesy Bread Stick
Egg Salad Sandwich

Nachos w/ Meat & Cheese **12**
Refried Beans
Golden Corn
Ham Sandwich

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

BBQ Chicken Pieces **14**
Seasoned Rice
Golden Corn
WG Roll
Turkey & Cheese Sandwich

½ Day of School **15**
Lunch served to ALL Students!
Assorted Classic Pizza
Romaine & Spinach Salad

Macaroni & Cheese Whole Grain Roll **18**
Crunchy Carrot Coins
Egg Salad Sandwich

Italian Meatball Sub Green Beans **19**
Buttered Garlic Noodles
Ham Sandwich

Ultimate Chicken Bowl **20**
Whole Grain Roll
Chick Pea Salad
Tuna Salad Sandwich

Spaghetti w/ Home Made Meat Sauce **21**
Peas, WG Roll
Turkey & Cheese Sandwich

Assorted Classic Pizza **22**
Romaine & Spinach Salad
Assorted Sandwiches

French Toast Sticks **25**
Scrambled Eggs
Orange Glazed Carrots
Egg Salad Sandwich

Chicken Tacos On Soft Shell **26**
Refried Beans
Fluffy Rice
Ham Sandwich

Crunchy Chicken Tenders **27**
Cheesy Rice
Green Beans
Tuna Salad Sandwich

Hamburger or Cheeseburger on WG Roll **28**
Tator Tots
Turkey & Cheese Sandwich

Pepperoni Roll w/marinara Sauce **29**
Romaine & Spinach Salad
Assorted Sandwiches

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

Meal Prices

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Afton Middle/High Lunch Menu



March 2019

Monday

Tuesday

Wednesday

Thursday

Friday

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Pepperoni Roll w/marinara Sauce **1**
Romaine & Spinach Salad

Toasty Grilled Sandwich **4**
Campbell's Tomato Soup
Cut Green Beans

Hot Dog or Cheesy Dog on Bun **5**
Home-style Baked Beans
Corn

Chicken & Biscuits **6**
Seasoned Carrots

Assorted Classic Pizza **7**
Romaine & Spinach Salad

PROFESSIONAL DEVELOPMENT

No School

Rotini Alfredo **11**
Roasted Broccoli
Cheesy Bread Stick

Nachos w/ Meat & Cheese **12**
Refried Beans
Golden Corn

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

BBQ Chicken Pieces **14**
Seasoned Rice
Golden Corn
WG Roll

½ Day of School **15**
Lunch served to **ALL Students!**
Assorted Classic Pizza
Romaine & Spinach Salad

Macaroni & Cheese **18**
Whole Grain Roll
Crunchy Carrot Coins

Italian Meatball Sub **19**
Green Beans
Buttered Garlic Noodles

Ultimate Chicken Bowl **20**
Whole Grain Roll
Chick Pea Salad

Spaghetti w/ Home Made Meat Sauce **21**
Peas, WG Roll

Assorted Classic Pizza **22**
Romaine & Spinach Salad

French Toast Sticks **25**
Scrambled Eggs
Orange Glazed Carrots

Chicken Tacos On Soft Shell **26**
Refried Beans
Fluffy Rice

Crunchy Chicken Tenders **27**
Cheesy Rice
Green Beans

Hamburger or Cheeseburger on WG Roll **28**
Tator Tots

Pepperoni Roll w/marinara Sauce **29**
Romaine & Spinach Salad

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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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