



May 2019

In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box

Blank menu box

Turkey, Bacon & Cheese Melt **1**
Crispy Tator Tots
Green Beans
Tuna Sandwich

Chicken Parmesan Or Chicken Patty on Bun **2**
Crinkly Sweet Potato Fries
Turkey Sandwich

Assorted Classic Pizza **3**
Romaine & Spinach Salad
Assorted Sandwiches

French Toast Sticks **6**
Scrambled Eggs
Orange Glazed Carrots
Egg Salad Sandwich

Nachos w/ Meat & Cheese **7**
Refried Beans
Golden Corn
Ham Sandwich

Crunchy Chicken Tenders **8**
Seasoned Rice
Carrot Coins
Tuna Sandwich

Hamburger or Cheeseburger **9**
On WG Roll
Seasoned Potato Wedges
Turkey Sandwich

Pepperoni Roll w/marinara Sauce **10**
Romaine & Spinach Salad
Assorted Sandwiches

Toasty Grilled Cheese Sandwich **13**
Campbell's Tomato Soup
Egg Salad Sandwich

Hot Dog or Cheesy Dog on Bun **14**
Home-style Baked Beans
Crispy Tator Tots
Ham Sandwich

Chicken & Biscuits **15**
Petite Peas
Tuna Sandwich

Breaded Chicken **16**
Potato Salad
Green Beans
Turkey Sandwich

Assorted Classic Pizza **17**
Romaine & Spinach Salad
Assorted Sandwiches

Italian Meatball Sub **20**
Buttered Garlic Pasta
Green Beans
Egg Salad Sandwich

Annual BBQ **21**
Hamburger, Hot Dog
Baked Beans, Macaroni Salad
Chips, Watermelon

Pulled BBQ Pork **22**
On Roll
Coleslaw
Potato Wedges
Tuna Sandwich

Pepperoni Roll w/marinara Sauce **23**
Romaine & Spinach Salad
Assorted Sandwiches

No School Memorial Day Recess **24**



Tacos on Hard or Soft Shell **28**
Refried Beans
Golden Corn
Ham Sandwich

Ultimate Chicken Bowl **29**
Whole Grain Roll
White Bean Salad
Tuna Sandwich

Spaghetti w/Meat Sauce **30**
WG Roll
Cut Green Beans
Turkey Sandwich

Assorted Classic Pizza **31**
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:
Deli Bar
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!

Menu subject to change without notice.

This institution is an equal opportunity provider.

Afton Breakfast Menu



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Blank menu item for Monday.

Blank menu item for Tuesday.

Ultimate Breakfast Round (UBR) 1
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Muffin 2
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 3
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cinnamon Toast Crunch Pastry 6
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast Pizza 7
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Fluffy Pancakes w/ Strawberries or Syrup 8
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick 9
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 10
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Oatmeal 13
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Scrambled Eggs w/ 1/2 Bagel 14
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

French Toast Sticks 15
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

4 oz. NY Yogurt w/ Muffin 16
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 17
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Cocoa Puffs Pastry 20
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Breakfast on a Stick 21
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Waffles w/ Fruit or Syrup 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

No School Memorial Day Recess 24



Assorted Oatmeal 28
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Ultimate Breakfast Round (UBR) 29
100% Juice
Fresh /Canned Fruit

Breakfast on a Stick 30
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

Assorted Breakfast Sandwiches 31
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)

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Turkey, Bacon & Cheese Melt **1**
Crispy Tator Tots
Green Beans

Chicken Parmesan **2**
Or Chicken Patty on Bun
Crinkly Sweet Potato Fries

Assorted Classic Pizza **3**
Romaine & Spinach Salad

French Toast Sticks **6**
Scrambled Eggs
Orange Glazed Carrots

Nachos **7**
w/ Meat & Cheese
Refried Beans
Golden Corn

Crunchy Chicken Tenders **8**
Seasoned Rice
Carrot Coins

Hamburger or Cheeseburger **9**
On WG Roll
Seasoned Potato Wedges

Pepperoni Roll **10**
w/marinara Sauce
Romaine & Spinach Salad

Toasty Grilled Cheese Sandwich **13**
Campbell's Tomato Soup

Hot Dog or Cheesy Dog on Bun **14**
Home-style Baked Beans
Crispy Tator Tots

Chicken & Biscuits **15**
Petite Peas

Breaded Chicken **16**
Potato Salad
Green Beans

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Italian Meatball Sub **20**
Buttered Garlic Pasta
Green Beans

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Baked Beans,
Macaroni Salad
Chips, Watermelon

Pulled BBQ Pork **22**
On Roll
Coleslaw
Potato Wedges

Pepperoni Roll **23**
w/marinara Sauce
Romaine & Spinach Salad

No School Memorial Day Recess **24**



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Refried Beans
Golden Corn

Ultimate Chicken Bowl **29**
Whole Grain Roll
Chick Pea Salad

Spaghetti w/Meat Sauce **30**
WG Roll
Cut Green Beans

Assorted Classic Pizza **31**
Romaine & Spinach Salad

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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
NY Yogurt Plate

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