

# Afton Central School

# November 2014

## Monday

**3**  
Assorted  
Cereal/Oatmeal  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**10**  
Assorted  
Cereal/Oatmeal  
OR  
Bagel w/ Cream Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**17**  
Assorted  
Cereal/Oatmeal  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

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

## Tuesday

**4**  
Breakfast Pizza  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**11**  
**No  
School**

**18**  
Breakfast on a Stick  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**25**  
Breakfast Sandwich  
OR  
Bagel w/ Cream Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

## Wednesday

**5**  
Maple Mini-Pancakes  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**12**  
French Toast Sticks  
Sausage  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**19**  
Breakfast Round  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**26**  
**No  
School**

## Thursday

**6**  
Omelet w/ ½ Bagel  
or 1 Cereal  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**13**  
**Pick Two:**  
4 oz Yogurt, Cocoa  
Banana Muffin  
Squares,  
Cereal, 1/2 Bagel  
100% Juice  
Fresh /Canned Fruit

**20**  
Waffles  
OR  
Bagel w/ Cream Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk



## Friday

**7**  
Breakfast Sandwich  
OR  
Bagel w/ Cream Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**14**  
Breakfast Sandwich  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**21**  
Breakfast Sandwich  
OR  
Bagel w/ Cream  
Cheese  
100% Juice  
Fresh /Canned Fruit  
Low Fat/Fat Free Milk

**28**  
**No  
School**

**Available Daily:**  
Canned Fruit, Fresh Fruit, Fresh  
Veggie, Hot Veggie of the Day

**Milk Choices:**  
1% White, Skim White  
Skim Chocolate, Skim  
Strawberry (when available)

**Elementary Available Daily:**  
Peanut Butter and Jelly  
Sandwich  
Yogurt Plate  
(4 oz. Yogurt, ½ sandwich &  
crackers)

**MS/HS Available Daily:**  
Hamburger on Bun, Chicken  
Patty on Bun, Deli Bar, Chef or  
Chicken Salad, w/ croutons &  
whole wheat roll, Hot Wrap

## School News

**Menu Prices**  
Breakfast PK-12 \$1.00  
Reduced Breakfast \$ .25  
Lunch PK – 6 \$2.00  
Lunch 7 – 12 \$2.00  
Reduced Lunch \$ .25

Menu subject to change without notice.

“USDA is an equal opportunity  
provider and employer”

## Did you know?

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bacon Cheeseburger or Cheeseburger on Bun French Fries + Elem.: Turkey Sandwich	<b>4</b> Nachos w/Meat & Cheese Refried Beans +Elem: Egg Salad Sandwich	<b>5</b> Pepperoni Roll w/ Dipping Sauce Brussel Sprouts +Elem: Italian Sub	<b>6</b> Macaroni & Cheese Whole Wheat Roll Seasoned Carrots + Elem: Ham Sandwich	<b>7</b> Assorted Pizza Romaine & SpinachSalad w/Tomatoes + Elem: Tuna Sandwich
<b>10</b> Chicken Parmesan Or Chicken Patty On Bun Sweet Potato Wedges + Elem.: Turkey Sub	<b>11</b> No School	<b>12</b> Grilled Cheese Sandwich Or Tuna Melt Tomato Soup	<b>13</b> Chicken & "Dumplings" Mixed Veggies Whole Wheat Roll + Elem.: Ham & Cheese Sub	<b>14</b> Assorted Pizza Fun Fish Nuggets w/ Whole Wheat Roll Romaine & SpinachSalad w/Tomatoes & Chick Peas
<b>17</b> Hot Meatball Sub Buttered Noodles Green Beans + Elem.: Italian Sub	<b>18</b> Hot Ham & Cheese Yumbo Soup +Elem: Turkey Sandwich	<b>19</b> Hot Dog or Cheesy Dog on Bun Baked Bean +Elem: Egg Salad Sandwich	<b>20</b> Thanksgiving Dinner Turkey & Gravy Stuffing, Mashed Potatoes, Sweet Potatoes, Peas & Carrots, Whole Wheat Roll, Apple Crisp + Elem: Ham Sandwich	<b>21</b> Assorted Pizza Romaine & SpinachSalad w/Tomatoes + Elem: Tuna Sandwich
<b>24</b> Chicken Tenders w/Whole Wheat Roll Sweet Potato Fries +Elem: Assorted Sandwiches	<b>25</b> Assorted Pizza Romaine & SpinachSalad w/Tomatoes + Elem: Assorted Sandwiches	<b>26</b> No School	<b>27</b>  Happy Thanksgiving	<b>28</b> No School

**Available Daily:**  
 Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day

**Milk Choices:**  
 1% White, Skim White  
 Skim Chocolate, Skim Strawberry (when available)

**Elementary Available Daily:**  
 Peanut Butter and Jelly Sandwich  
 Yogurt Plate (4 oz. Yogurt, 1/2 sandwich & crackers)

**MS/HS Available Daily:**  
 Hamburger on Bun, Chicken Patty on Bun, Deli Bar, Chef or Chicken Salad, w/ croutons & whole wheat roll, Hot Wrap

## School News

### Menu Prices

Breakfast PK-12	\$1.00
Reduced Breakfast	\$ .25
Lunch PK - 6	\$2.00
Lunch 7 - 12	\$2.00
Reduced Lunch	\$.25

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