

MONDAY

Did you know?

The Anglo-Saxons called October Winterfylleth (or Winterfilth as Tolkien's hobbits put it) meaning the 'fullness' (not dirtiness) of winter.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

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

7

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

8

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

9

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

10

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

No School 13



14

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

15

Scrambled Eggs
w/ 1/2 Bagel or 1 Cereal
Sausage
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Free Milk

16

Pick Two:
4 oz Yogurt, Blueberry Muffin Squares,
Cereal, 1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

17

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

20

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

21

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

22

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

23

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

24

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

27

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

28

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

29

Scrambled Eggs & Cheese
w/ 1/2 Bagel or 1 Cereal
Bagel w/ Cream Cheese
100% Juice
Fresh /Canned Fruit
Low Fat/Free Milk

30

Pick Two:
4 oz Yogurt, Apple Cinnamon Muffin Squares
Cereal, 1/2 Bagel
100% Juice
Fresh /Canned Fruit
Low Fat/Fat Free Milk

31

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

Available Daily:
Assorted Cereal
Or
Assorted Cereal w/1/2 bagel

A fruit and/or juice must be taken at breakfast.

School News

Starting this year, Afton will be offering online payments though



Go to www.myschoolbucks.com to set up an account today!

Did you turn in your new meal application?

Menu Prices
Breakfast PK-12 \$1.00
Reduced Breakfast \$.25

"USDA is an equal opportunity provider and employer"

Menu subject to change without notice.

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6

Chicken Cordon Blue
Or Chicken Patty
On Bun
Potato Smiles

+ Elem.: Italian Sub

7

Taco
On Hard or Soft Shell
Rice
Corn

+ Elem: Turkey Sandwich

8

Grilled Cheese
Sandwich
Or
Tuna Melt
Tomato Soup

+ Elem: Ham & Cheese
Sandwich

9

Turkey & Gravy
On Mashed Potatoes
Whole Wheat Roll
Roasted Carrots

+ Elem: Ham Sandwich

10

Assorted Pizza
Fun Fish Nuggets
w/ Whole Wheat Roll
Romaine &
Spinach Salad
w/ Tomatoes
& Chick Peas

+ Elem: Tuna Sandwich

13

National School Lunch
Week

No School



****New Item****

14

Hot Diggity Chili Tub
Hot Dog over Vegetarian
chili w/ Cheese in a Taco
Tub!

+ Elem: Turkey
Sandwich

15

Pepperoni Roll
w/ Dipping Sauce
Green Beans

+ Elem: Egg Salad
Sandwich Sandwich

16

Sweet & Sour Chicken
Over Rice
Chinese Veggies
Egg Roll

+ Elem: Ham & Cheese
Sub

17

Assorted Pizza
Romaine &
Spinach Salad
w/ Tomatoes

+ Elem: Tuna Sandwich

20

Chicken Tenders
w/ Whole Wheat Roll
Au gratin Potatoes

+ Elem: Turkey Salad
Sandwich

21

Hot
Ham and Cheese
on a Pretzel Bun
Soup

+ Elem: Italian Sub

22

Personal Pizzas
Romaine & Spinach
Salad
w/ Tomatoes

+ Elem: Tuna Sandwich

23

½ day
Bag Lunches for
Elementary
Students
Only

24

½ day
Bag Lunches for
Elementary Students
Only

27

French Toast Sticks
Sausage
Warmed Apples w/
Cinnamon

+ Elem: Turkey
Sandwich

28

Chicken Quesadilla
Mexican Rice
Marinated Black Bean
Salad

+ Elem: Ham & Cheese
Sub

29

BBQ Rib on Roll
Sweet Potato Wedges

+ Elem: Italian Sub

30

Spaghetti
w/ Meat Sauce
Italian Bread
Green Beans

+ Elem: Egg Salad
Sandwich

31

Spooktacular
Assorted Pizza
Horridly Hot Fish on Bun
Rancid Romaine &
Spinach Salad
w/ Tomatoes
Obnoxious Orange Icy

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

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Menu Prices

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

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