

Avalon Menu

Feb. 2024

Farm to School



ITEMS OF THE MONTH:
**CARA CARA ORANGES
& ORGANIC TANGERINES**

Key

- House-Made**
- Vegetarian Entrees**
- Vegan Entrees**
All fruits, fresh vegetables, & cereals are vegan.
- Contains Pork**
- All grains are whole-grain rich**
Except cinnamon roll
- NEW** **New Item**

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



MON	TUE	WED	THU	FRI
<p>OFFERED DAILY</p> <p>BREAKFAST:</p> <ul style="list-style-type: none"> Fruit Whole Grain Cereals Yogurt with Granola String Cheese 100% Fruit Juice Low-Fat White Milk Nonfat Chocolate Milk 	<p>OFFERED DAILY</p> <p>LUNCH:</p> <ul style="list-style-type: none"> Yogurt with Granola Low-Fat White Milk Nonfat Chocolate Milk Fruits & Vegetables Grades 6-12 only: 100% Fruit Juice 		<p>BREAKFAST 1</p> <p>Cinnamon Crumb Cake </p> <p>Egg, Cheese, & Sausage </p> <p>Croissant Sandwich </p> <p>LUNCH</p> <p>Teriyaki Meatballs w/Rice </p> <p>Cheese Pizza </p> <p>Pepperoni Pizza</p>	<p>BREAKFAST 2</p> <p>House-Baked Cinnamon Roll </p> <p>PB&J Sandwich </p> <p>LUNCH</p> <p>Chicken Tenders</p> <p>Hot Dog</p>
<p>BREAKFAST 5</p> <p>Blueberry Waffle </p> <p>Breakfast Bar </p> <p>LUNCH</p> <p>Teriyaki Chicken w/Rice </p> <p>Southwest Bean Burger </p> <p><i>Farm to School Organic Tangerines</i></p>	<p>BREAKFAST 6</p> <p>Pan Dulce Concha </p> <p>Muffin </p> <p>LUNCH</p> <p>Corn Dog</p> <p>Chicken Sandwich</p>	<p>BREAKFAST 7</p> <p>House-Baked Cinnamon Roll </p> <p>Pizza Stick </p> <p>LUNCH</p> <p>Bean & Cheese Burrito </p> <p>Pancakes & Sausage </p>	<p>BREAKFAST 8</p> <p>Cinnamon Crumb Cake </p> <p>Egg, Cheese, & Sausage </p> <p>Croissant Sandwich </p> <p>LUNCH</p> <p>Macaroni & Cheese </p> <p>Cheese Pizza </p> <p>Pepperoni Pizza</p>	<p>BREAKFAST 9</p> <p>House-Baked Cinnamon Roll </p> <p>PB&J Sandwich </p> <p>LUNCH</p> <p>Chili Cheese Nachos </p> <p>Chicken Drumstick w/Biscuit</p>
<p> 12</p> <p>Lincoln Day</p>	<p>BREAKFAST 13</p> <p>Mini Maple Pancakes </p> <p>Breakfast Bites </p> <p>LUNCH</p> <p>Beef Tacos </p> <p>Chicken Sandwich</p>	<p>BREAKFAST 14</p> <p>House-Baked Cinnamon Roll </p> <p>Muffin </p> <p>LUNCH</p> <p>Cheesy Breadsticks w/Marinara </p> <p>Beef & Bean Burrito</p>	<p>BREAKFAST 15</p> <p>Cinnamon Crumb Cake </p> <p>Egg, Cheese, & Sausage </p> <p>Croissant Sandwich </p> <p>LUNCH</p> <p>Teriyaki Meatballs w/Rice </p> <p>Cheese Pizza </p> <p>Pepperoni Pizza</p>	<p>BREAKFAST 16</p> <p>House-Baked Cinnamon Roll </p> <p>PB&J Sandwich </p> <p>LUNCH</p> <p>Chicken Tenders</p> <p>Hot Dog</p>
<p> 19</p> <p>Washington Day</p>	<p>BREAKFAST 20</p> <p>Blueberry Waffle </p> <p>Muffin </p> <p>LUNCH</p> <p>Corn Dog</p> <p>Chicken Sandwich</p>	<p>BREAKFAST 21</p> <p>House-Baked Cinnamon Roll </p> <p>Pizza Stick </p> <p>LUNCH</p> <p>Bean & Cheese Burrito </p> <p>Pancakes & Sausage </p>	<p>BREAKFAST 22</p> <p>Cinnamon Crumb Cake </p> <p>Egg, Cheese, & Sausage </p> <p>Croissant Sandwich </p> <p>LUNCH</p> <p>Macaroni & Cheese </p> <p>Cheese Pizza </p> <p>Pepperoni Pizza</p>	<p>BREAKFAST 23</p> <p>House-Baked Cinnamon Roll </p> <p>PB&J Sandwich </p> <p>LUNCH</p> <p>Chili Cheese Nachos </p> <p>Chicken Drumstick w/Biscuit</p>
<p>BREAKFAST 26</p> <p>Cinnamon Waffle </p> <p>Pizza Stick </p> <p>LUNCH</p> <p>Quesadilla </p> <p>Cheeseburger/Hamburger</p>	<p>BREAKFAST 27</p> <p>Mini Maple Pancakes </p> <p>Breakfast Bites </p> <p>LUNCH</p> <p>Beef Tacos </p> <p>Chicken Sandwich</p>	<p>BREAKFAST 28</p> <p>House-Baked Cinnamon Roll </p> <p>Muffin </p> <p>LUNCH</p> <p>Cheesy Breadsticks w/Marinara </p> <p>Beef & Bean Burrito </p> <p><i>Farm to School Cara Cara Oranges</i></p>	<p>BREAKFAST 29</p> <p>Cinnamon Crumb Cake </p> <p>Egg, Cheese, & Sausage </p> <p>Croissant Sandwich </p> <p>LUNCH</p> <p>Teriyaki Meatballs w/Rice </p> <p>Cheese Pizza </p> <p>Pepperoni Pizza</p>	