

Avalon Menu

May 2024

Farm to School



Items of the Month:
Blueberries & Cherries

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 Item

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.



MON

OFFERED DAILY

BREAKFAST:

- Fruit
- Whole Grain Cereals
- Yogurt with Granola
- String Cheese
- 100% Fruit Juice
- Low-Fat White Milk
- Nonfat Chocolate Milk

BREAKFAST

Blueberry Waffle
Breakfast Bar

6

LUNCH

Teriyaki Chicken w/Rice
Southwest Bean Burger

TUE

OFFERED DAILY

LUNCH:

- Yogurt with Granola
- Low-Fat White Milk
- Nonfat Chocolate Milk
- Fruits & Vegetables
- Grades 6-12 only:
- 100% Fruit Juice

BREAKFAST

Pan Dulce Concha
Muffin

7

LUNCH

Corn Dog
Chicken Sandwich

WED

BREAKFAST

House-Baked Cinnamon Roll
Muffin

1

LUNCH

Cheesy Breadsticks
w/Marinara
Beef & Bean Burrito

1

THU

BREAKFAST

Cinnamon Crumb Cake
Egg, Cheese, & Sausage
Croissant Sandwich

2

LUNCH

Teriyaki Meatballs w/Rice
Cheese Pizza
Pepperoni Pizza
Farm to School Blueberries

2

FRI

BREAKFAST

House-Baked Cinnamon Roll
PB&J Sandwich

3

LUNCH

Chicken Tenders
Hot Dog

3

BREAKFAST

House-Baked Cinnamon Roll
PB&J Sandwich

10

LUNCH

Chili Cheese Nachos
Chicken Drumstick w/Biscuit

10

BREAKFAST

Cinnamon Waffle
Pizza Stick

13

LUNCH

Quesadilla
Cheeseburger/Hamburger

BREAKFAST

Mini Maple Pancakes
Breakfast Bites

14

LUNCH

Beef Tacos
Chicken Sandwich

BREAKFAST

House-Baked Cinnamon Roll
Muffin

15

LUNCH

Cheesy Breadsticks
w/Marinara
Beef & Bean Burrito

BREAKFAST

Cinnamon Crumb Cake
Egg, Cheese, & Sausage
Croissant Sandwich

16

LUNCH

Teriyaki Meatballs w/Rice
Cheese Pizza
Pepperoni Pizza
Farm to School Cherries

BREAKFAST

House-Baked Cinnamon Roll
PB&J Sandwich

17

LUNCH

Chicken Tenders
Hot Dog

BREAKFAST

Blueberry Waffle
Breakfast Bar

20

LUNCH

Teriyaki Chicken w/Rice
Southwest Bean Burger

BREAKFAST

Pan Dulce Concha
Muffin

21

LUNCH

Corn Dog
Chicken Sandwich

BREAKFAST

House-Baked Cinnamon Roll
Pizza Stick

22

LUNCH

Bean & Cheese Burrito
Pancakes & Sausage

BREAKFAST

Cinnamon Crumb Cake
Egg, Cheese, & Sausage
Croissant Sandwich

23

LUNCH

Macaroni & Cheese
Cheese Pizza
Pepperoni Pizza

BREAKFAST

House-Baked Cinnamon Roll
PB&J Sandwich

24

LUNCH

Chili Cheese Nachos
Chicken Drumstick w/Biscuit

BREAKFAST

Blueberry Waffle
Breakfast Bar

27



Memorial Day

BREAKFAST

Mini Maple Pancakes
Breakfast Bites

28

LUNCH

Beef Tacos
Chicken Sandwich

BREAKFAST

House-Baked Cinnamon Roll
Muffin

29

LUNCH

Cheesy Breadsticks
w/Marinara
Beef & Bean Burrito

BREAKFAST

Cinnamon Crumb Cake
Egg, Cheese, & Sausage
Croissant Sandwich

30

LUNCH

Cheeseburger/Hamburger
Cheese Pizza
Pepperoni Pizza

BREAKFAST

House-Baked Cinnamon Roll
PB&J Sandwich

31

LUNCH

Chicken Tenders
Hot Dog