

# Avalon Menu

# September 2024

Farm to School



ITEMS OF THE MONTH:  
CALIFORNIA NECTARINES

## 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	TUE	WED	THU	FRI	
<p><b>2</b></p> <p><b>BREAKFAST</b></p> <p>Mini Maple Pancakes  Breakfast Bites </p> <p><b>LUNCH</b></p> <p>Beef &amp; Bean Burrito  Chicken Sandwich </p> <p><b>Labor Day</b></p>	<p><b>3</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Muffin </p> <p><b>LUNCH</b></p> <p>Cheesy Breadsticks w/Marinara  Cheeseburger/Hamburger </p>	<p><b>4</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Pizza Stick </p> <p><b>LUNCH</b></p> <p>Teriyaki Meatballs w/Rice  Cheese Pizza  Pepperoni Pizza </p> <p><i>Farm to School Nectarines</i></p>	<p><b>5</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  PB&amp;J Sandwich </p> <p><b>LUNCH</b></p> <p>Chicken Tenders  Hot Dog </p>	<p><b>6</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  PB&amp;J Sandwich </p> <p><b>LUNCH</b></p> <p>Chicken Tenders  Hot Dog </p>	
<p><b>9</b></p> <p><b>BREAKFAST</b></p> <p>Blueberry Waffle  Breakfast Bar </p> <p><b>LUNCH</b></p> <p>Teriyaki Chicken w/Rice  Southwest Bean Burger </p>	<p><b>10</b></p> <p><b>BREAKFAST</b></p> <p>Pan Dulce Concha  Muffin </p> <p><b>LUNCH</b></p> <p>Corn Dog  Chicken Sandwich </p>	<p><b>11</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Pizza Stick </p> <p><b>LUNCH</b></p> <p>Bean &amp; Cheese Burrito  Pancakes &amp; Sausage </p>	<p><b>12</b></p> <p><b>BREAKFAST</b></p> <p>Cinnamon Crumb Cake  Egg, Cheese, &amp; Sausage  Croissant Sandwich </p> <p><b>LUNCH</b></p> <p>Macaroni &amp; Cheese  Cheese Pizza  Pepperoni Pizza </p>	<p><b>13</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  PB&amp;J Sandwich </p> <p><b>LUNCH</b></p> <p>Chili Cheese Nachos  Chicken Drumstick w/Biscuit </p>	
<p><b>16</b></p> <p><b>BREAKFAST</b></p> <p>Blueberry Waffle  Pizza Bagel </p> <p><b>LUNCH</b></p> <p>Orange Chicken w/Rice  Bean Burrito </p> <p><i>Grades 6-12 only:</i> Buffalo BBQ Chicken Sliders </p>	<p><b>17</b></p> <p><b>BREAKFAST</b></p> <p>Breakfast Bites  Egg, Cheese, &amp; Sausage  Croissant Sandwich </p> <p><b>LUNCH</b></p> <p>Chicken &amp; Cheese Taquitos  Hot Dog </p> <p><i>Grades 6-12 only:</i> PB &amp; J Sandwich </p>	<p><b>18</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Mini Maple Pancakes </p> <p><b>LUNCH</b></p> <p>Macaroni &amp; Cheese  Chicken Tenders </p> <p><i>Grades 6-12 only:</i> Meatball Sub Sandwich </p>	<p><b>19</b></p> <p><b>BREAKFAST</b></p> <p>Pan Dulce Concha  PB&amp;J Sandwich </p> <p><b>LUNCH</b></p> <p>Cheesy Breadsticks w/Marinara  Cheeseburger/Hamburger </p> <p><i>Grades 6-12 only:</i> Teriyaki Chicken w/Rice </p>	<p><b>20</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Egg &amp; Cheese Biscuit Sandwich </p> <p><b>LUNCH</b></p> <p>Spicy Bean Nachos  Chicken and Waffle </p> <p><i>Grades 6-12 only:</i> Chili Cheese Dog </p>	
<p><b>23</b></p> <p><b>BREAKFAST</b></p> <p>French Toast Sticks w/Fruit Dip  Breakfast Bar </p> <p><b>LUNCH</b></p> <p>Southwest Bean Burger  Chicken Tamale w/Spicy Beans </p> <p><i>Grades 6-12 only:</i> Boneless Wings w/Cornbread </p>	<p><b>24</b></p> <p><b>BREAKFAST</b></p> <p>Muffin  Egg, Cheese, &amp; Sausage  Croissant Sandwich </p> <p><b>LUNCH</b></p> <p>Chicken w/Biscuit  Pancakes &amp; Sausage </p> <p><i>Grades 6-12 only:</i> BBQ Turkey Mac &amp; Cheese </p>	<p><b>25</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Pizza Stick </p> <p><b>LUNCH</b></p> <p>Quesadilla  Beef Tacos </p> <p><i>Grades 6-12 only:</i> Chicken &amp; Mashed Potato Bowl </p>	<p><b>26</b></p> <p><b>BREAKFAST</b></p> <p>Cinnamon Crumb Cake  Bagel w/Cream Cheese </p> <p><b>LUNCH</b></p> <p>Breaded Ravioli w/Marinara  Corn Dog </p> <p><i>Grades 6-12 only:</i> Chicken &amp; Veggie Chow Mein </p>	<p><b>27</b></p> <p><b>BREAKFAST</b></p> <p>House-Baked Cinnamon Roll  Sausage, Egg &amp; Cheese Biscuit Sandwich </p> <p><b>LUNCH</b></p> <p>Chili Cheese Nachos  Spaghetti w/Meatballs </p> <p><i>Grades 6-12 only:</i> Snack Box </p>	
<p><b>30</b></p> <p><b>BREAKFAST</b></p> <p>Cinnamon Waffle  Pizza Bagel </p> <p><b>LUNCH</b></p> <p>Orange Chicken w/Rice  BBQ Turkey Sliders </p> <p><i>Grades 6-12 only:</i> Beef &amp; Bean Burrito </p>	<p><b>OFFERED DAILY</b></p> <p><b>BREAKFAST:</b></p> <ul style="list-style-type: none"> <li>Fruit </li> <li>Whole Grain Cereals </li> <li>Yogurt with Granola </li> <li>String Cheese </li> <li>100% Fruit Juice </li> <li>Low-Fat White Milk </li> <li>Nonfat Chocolate Milk </li> </ul>			<p><b>OFFERED DAILY</b></p> <p><b>LUNCH:</b></p> <ul style="list-style-type: none"> <li>Yogurt with Granola </li> <li>Low-Fat White Milk </li> <li>Nonfat Chocolate Milk </li> <li>Fruits &amp; Vegetables </li> </ul> <p><i>Grades 6-12 only:</i> 100% Fruit Juice </p>	<p><b>OFFERED DAILY</b></p> <p>Starting 9/16</p> <p><b>LUNCH:</b></p> <p><i>Grades 6-12 only:</i></p> <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich </li> <li>Pizza </li> <li>Salads </li> <li>Sandwiches </li> </ul>