

# Avalon Menu

# October 2024

Farm to School



ITEMS OF THE MONTH:  
APPLE PEARS AND GRAPES

## 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

French Toast Sticks w/Fruit Dip  
Breakfast Bar

#### LUNCH

Grilled Cheese Sandwich  
Boneless Wings w/Cornbread  
Grades 6-12 only:  
Chicken Tamale w/Spicy Beans

## TUE

#### BREAKFAST

Breakfast Bites  
Egg, Cheese, & Sausage  
Croissant Sandwich

#### LUNCH

Peach Yogurt Parfait  
Hot Dog  
Grades 6-12 only:  
Buffalo BBQ Chicken Sliders

#### BREAKFAST

Muffin  
Egg, Cheese, & Sausage  
Croissant Sandwich

#### LUNCH

Peach Yogurt Parfait  
Pancakes & Sausage  
Grades 6-12 only:  
Chicken w/Biscuit

## WED

#### BREAKFAST

House-Baked Cinnamon Roll  
Mini Maple Pancakes

#### LUNCH

Meatball Sub Sandwich  
PB&J Sandwich  
Grades 6-12 only:  
Thai Sweet Chili Chicken w/Rice

#### BREAKFAST

House-Baked Cinnamon Roll  
Pizza Stick

#### LUNCH

Quesadilla  
Beef Tacos  
Grades 6-12 only:  
Snack Box

## THU

#### BREAKFAST

Pan Dulce Concha  
PB&J Sandwich

#### LUNCH

Cheesy Garlic Bread w/Marinara  
Teriyaki Meatballs w/Rice  
Cheeseburger/Hamburger

#### BREAKFAST

Cinnamon Crumb Cake  
Egg, Cheese, & Turkey  
Sausage Breakfast Burrito

#### LUNCH

Chicken & Veggie Chow Mein  
Corn Dog  
Grades 6-12 only:  
Buffalo Chicken Mac & Cheese

## FRI

#### BREAKFAST

House-Baked Cinnamon Roll  
Egg & Cheese Biscuit Sandwich

#### LUNCH

Spicy Bean Nachos  
Chili Cheese Dog  
Grades 6-12 only:  
Chicken and Waffle

#### BREAKFAST

House-Baked Cinnamon Roll  
Chicken Biscuit Sandwich

#### LUNCH

Chili Cheese Nachos  
Spaghetti w/Meatballs  
Grades 6-12 only:  
Bean & Cheese Burrito

## NATIONAL SCHOOL LUNCH WEEK OCTOBER 14-18

## 14

#### BREAKFAST

Blueberry Waffle  
Pizza Bagel

#### LUNCH

Orange Chicken w/Rice  
Bean Burrito  
Grades 6-12 only:  
Buffalo BBQ Chicken Sliders

## 21

#### BREAKFAST

French Toast Sticks w/Fruit Dip  
Breakfast Bar

#### LUNCH

Southwest Bean Burger  
Chicken Tamale w/Spicy Beans  
Grades 6-12 only:  
Boneless Wings w/Cornbread

## 28

#### BREAKFAST

Cinnamon Waffle  
Pizza Bagel

#### LUNCH

Orange Chicken w/Rice  
BBQ Turkey Sliders  
Grades 6-12 only:  
Beef & Bean Burrito

## 15

#### BREAKFAST

Breakfast Bites  
Egg, Cheese, & Sausage  
Croissant Sandwich

#### LUNCH

Chicken & Cheese Taquitos w/Guacamole  
Hot Dog  
Grades 6-12 only:  
PB & J Sandwich

## 22

#### BREAKFAST

Muffin  
Egg, Cheese, & Sausage  
Croissant Sandwich

#### LUNCH

Breaded Ravioli w/Marinara  
Pancakes & Sausage  
Grades 6-12 only:  
Kung Pao Chicken w/Rice

## 29

#### BREAKFAST

Breakfast Bites  
Egg, Cheese, & Sausage  
Croissant Sandwich

#### LUNCH

Bean & Cheese Pupusa  
Hot Dog  
Grades 6-12 only:  
Buffalo BBQ Chicken Sandwich

## 16

#### BREAKFAST

House-Baked Cinnamon Roll  
Mini Maple Pancakes

#### LUNCH

Macaroni & Cheese  
Chicken Tenders  
Grades 6-12 only:  
Meatball Sub Sandwich

## 23

#### BREAKFAST

House-Baked Cinnamon Roll  
Pizza Stick

#### LUNCH

Quesadilla  
Beef Tacos  
Grades 6-12 only:  
Chicken & Mashed Potato Bowl

## 30

#### BREAKFAST

House-Baked Cinnamon Roll  
Mini Maple Pancakes

#### LUNCH

Chickpea Butter & Jelly (CB&J) Sandwich  
Meatball Sub Sandwich  
Grades 6-12 only:  
Thai Sweet Chili Chicken w/Rice

## 17

#### BREAKFAST

Pan Dulce Concha  
PB&J Sandwich

#### LUNCH

Cheesy Breadsticks w/Marinara  
Cheeseburger/Hamburger  
Farm to School Apple Pears  
Grades 6-12 only:  
Teriyaki Chicken w/Rice

## 24

#### BREAKFAST

Cinnamon Crumb Cake  
Bagel w/Cream Cheese

#### LUNCH

Strawberry Yogurt Parfait  
Corn Dog  
Grades 6-12 only:  
Chicken & Veggie Chow Mein

## 18

#### BREAKFAST

House-Baked Cinnamon Roll  
Egg & Cheese Biscuit Sandwich

#### LUNCH

Spicy Bean Nachos  
Chicken and Waffle  
Grades 6-12 only:  
Bacon Chicken Ranch Wrap

## 25

#### BREAKFAST

House-Baked Cinnamon Roll  
Bacon, Egg & Cheese Biscuit Sandwich

#### LUNCH

Chili Cheese Nachos  
Teriyaki Meatballs w/Rice  
Grades 6-12 only:  
Snack Box

### OFFERED DAILY

#### LUNCH:

- Yogurt with Granola
- Low-Fat White Milk
- Nonfat Chocolate Milk
- Fruits & Vegetables
- Grades 6-12 only:
- 100% Fruit Juice
- Spicy Chicken Sandwich
- Pizza
- Salads
- Sandwiches