



Meal Prices

Elementary Lunch \$2.85
Secondary Lunch \$2.95
Breakfast \$1.85

Food Service Administrative Team

Emily Cates, Food Service Administrator

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Rebecca Leeper, Support Specialist

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Cafeteria Contacts

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South Lorie Ellis
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East Donna McKnight
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White Oak/Avon Academy
Mary Cantlebarry
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Online Lunch Payment & Monitoring: LINQ Connect Website & App

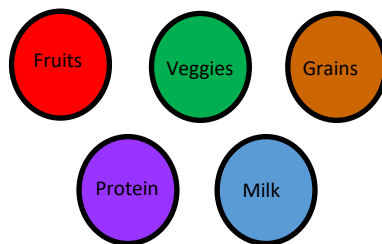
- ◆ Visit <https://linqconnect.com>
- ◆ Add funds (\$2.60/credit card, \$1.60/electronic check convenience fee)
- ◆ Complete a Free & Reduced Application (one per family)
- ◆ Set up low balance alerts and auto payments
- ◆ Monitor purchases, Set Limits & Transfer Funds



What Makes a Lunch?

Select 3—5
Different Components

*All Entrees include a protein and grain



All lunches must include a fruit or veggie!

All lunches are served with all five components: fruit, vegetable, protein, grain and milk. While we encourage students to take a full tray, we understand that sometimes students may not want all items offered. Students can decline up to two components as long as their tray contains a fruit or a vegetable.

Studies show that students eat better when given a choice what is on their tray and this practice also reduces food waste!

Start Your Day Off Right!

Did you know that we serve breakfast in all K-12 schools before the school day begins? Breakfast includes an entrée (grain and protein or two grains), choice of fruit and milk.



Check with your building for meal times.

Food Allergies & Special Diets

Students with allergies are permitted food substitutions with a signed medical statement. Contact us for more information.

Nutrislice

Use our interactive app and website to review breakfast and lunch menus, allergen information and nutritional facts for all menu items served. You can also rank items and provide feedback as well as see pictures of menu items.

<https://avon-schools.nutrislice.com>

Lunch | Nov 14th, 2018

Chicken & Noodles
A hearty and cozy, made in house, chicken & noodles. A great dish to warm you up during a blustery fall or winter day.

Milk Egg Wheat Soy

Serving Size: 1 serving
Calories: 390

Total Fat: 8 g
Saturated Fat: 1.9 g
Trans Fat: 0 g
Cholesterol: 103 mg
Sodium: 873 mg
Total Carbs: 53 g
Dietary Fiber: 1 g
Sugar: 2 g
Protein: 26 g

Vitamin A: 33.5 IU
Calcium: 7.9 mg
Iron: 2.7 mg
Vitamin C: 0.9 mg