

# JANUARY



## What is a Lunch Meal?

Lunch includes 5 components:

Grain, Meat/Meat Alternate, Fruit, Vegetable & Milk

Students Must choose at least 3 components and 1 must be 1/2 cup fruit or vegetable.

Choose all 5 for a nutritious meal!

# 2024

# Kemblesville ELC Lunch Menu

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**HAPPY new YEAR**

**School Closed**

**1**

Chicken Quesadilla  
Sausage, Egg & Cheese on English Muffin  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Green Beans  
Veggie Juice  
Apple Sauce, Sour Raisins  
Daily Milk Selection

**2**

Grilled Cheese Sandwich  
Hot Dog on Roll  
Yogurt/Cheese Stick/Mini Cinni  
Turkey/Cheese/Cracker Pack

Tomato Soup, Baked Beans  
Mandarin Orange Cup, Fruit Juice  
Daily Milk Selection

**3**

Hamburger/  
Cheeseburger on Roll  
Cheese Omelet w/Pancakes  
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Carrots, Broccoli Florets  
Apple Slices, Fruit Juice  
Daily Milk Selection

**4**

Stuffed Crust Pepperoni Pizza  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Veggie Juice, Baby Carrots  
Banana, Grapes  
Daily Milk Selection

**8**

Popcorn Chicken w/Soft Pretzel  
Parmesan Chicken Sandwich  
Yogurt/Cheese Stick/Cinni Swirl

Steamed Green Beans  
Baby Carrots  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**9**

BBQ Grilled Chicken Sandwich  
Loaded Potato w/Breadstick  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Veggie Juice  
Diced Peaches  
Mandarin Orange Cup  
Daily Milk Selection

**10**

Corn Dog Minis  
Southwest Chicken Egg Roll w/Rice  
Yogurt/Cheese Stick/Cinni Swirl  
Ham and Cheese on Roll

lettuce & Tomato, Baked Beans  
Apple Sauce, Fruit Juice  
Daily Milk Selection

**11**

Chicken Thigh & Drumstick w/Garlic Knot  
Pierogies  
Yogurt/Cheese Stick/ Mini Cinnis  
Assorted Lunchables

Mashed Potatoes, Broccoli Salad  
Apple Slices, Sour Raisins  
Daily Milk Selection

**12**

Bosco Sticks w/Marinara  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable /Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Mixed Veggies  
Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**15**

**Martin Luther King Day**

**School Closed**

**16**

Tangy Chicken W/Rice  
Cheese Tortellini w/Meat Sauce & Garlic Knot  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Veggie Juice  
Orange Wedges, Sour Raisins  
Daily Milk Selection

**17**

Chicken Alfredo w/Roll  
Mozzarella Sticks w/Marinara  
Yogurt/Cheese Stick/ Mini Cinnis  
Ham and Cheese on Roll

Celery, Steamed Broccoli  
Diced Peaches, Fruit Juice  
Daily Milk Selection

**18**

Cheese Pizza  
Chicken Veggie Dumplings w/Sauce & Rice  
Yogurt/Cheese Stick/ Mini Cinnis

Lettuce & Tomatoes  
Chick Pea salad  
Apple Slices, Fruit Juice  
Daily Milk Selection

**19**

Stromboli w/Marinara Sauce  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Fresh Broccoli  
Banana, Grapes  
Daily Milk Selection

**22**

**TEACHING IS A WORK OF HEART**

**School Closed**  
**In-Service Day**

**23**

Lasagna Roll Up w/ Garlic Toast  
French Toast w/Sausage  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Hash Brown Patty, Veggie Juice  
Orange Wedges, Applesauce  
Daily Milk Selection

**24**

AuGratin Potatoes w/Beef Crumbles & Breadstick  
Hot Dog on Roll  
Yogurt/Cheese Stick/Mini Cinni  
Ham and Cheese on Roll

Celery Sticks, Baked Beans  
Mandarin Orange Cup, Fruit Juice  
Daily Milk Selection

**25**

Hot Ham & Cheese on Pretzel Roll  
Breaded Ravioli w/Marinara  
Yogurt/Cheese Stick/Cinni Swirl  
Assorted Lunchables

Broccoli Salad, Cucumber Slices  
Craisins, Apple Slices  
Daily Milk Selection

**26**

Pepperoni & Cheese Calzone  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Baby Carrots  
Banana, Grapes  
Daily Milk Selection

**29**

Breaded Chicken Patty on Roll  
Spaghetti & Meatballs w/Garlic Toast  
Yogurt/Cheese Stick/Mini Cinni

Steamed Corn, Fresh Cauliflower  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**30**

Chicken Quesadilla  
Sausage, Egg & Cheese on English Muffin  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Green Beans  
Celery Sticks  
Apple Sauce, Sour Raisins  
Daily Milk Selection

**31**

Walking Beef Taco  
Fish Sticks w/Roll  
Yogurt/Cheese Stick/Mini Cinnis  
Ham and Cheese on Roll

Fiesta Black Beans  
Cucumber Slices  
Mixed Fruit Cup, Fruit Juice  
Daily Milk Selection

Daily Milk Selection includes:  
1% White Milk  
Non-Fat Chocolate Milk  
Non-Fat Strawberry Milk

To make a payment to your child's lunch account, please send in check or cash with the student's name. Checks can be made payable to "AGCS". Visit [Schoolcafe.com](http://Schoolcafe.com) for online payments and Free/Reduced price meal application.



Breakfast is free for all students  
during the 2023-2024 School year!

# JANUARY

## Kemblesville ELC Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

### MONDAY

Muffin  
Yogurt

Fruit Juice  
Banana  
Daily Milk Selection

### TUESDAY

Pop Tart  
Yogurt

Fruit Juice  
Sour Raisins  
Daily Milk Selection

### WEDNESDAY

Cereal Bar  
Yogurt

Fruit Juice  
Craisins  
Daily Milk Selection

### THURSDAY

Banana Bread

Fruit Juice  
Clementine  
Daily Milk Selection

### FRIDAY

Whole Grain  
Glazed Donut  
Alternating

Fruit Juice  
Apple Slices  
Daily Milk Selection

Students must choose at least 3 Items for a complete breakfast meal and 1 must be  
 $\frac{1}{2}$  cup of fruit or fruit juice.

\*Ala Carte Items are charged at \$1.00 each

I GOT ONE OF THOSE  
DNA KITS. TURNS OUT  
I'M 85% WATER, 8%  
DIRT AND 7% DOG PEE.

JEEZ, DOUG, YOU  
BEEN WORKING OUT?

WHAT DO SNOWMEN EAT  
FOR LUNCH?

I DON'T KNOW,  
WHAT!?

ICEBERGERS!