

# DECEMBER

## 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!

# State Road Lunch Menu 2023

Lunch \$2.75 (4-8) AVON GROVE CHARTER SCHOOL  
Lunch \$3.25 (9-12)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.



**1**  
Stuffed Crust Pepperoni Pizza  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable  
  
Cucumber Slices, Baby Carrots  
Banana, Grapes  
Daily Milk Selection

**4**  
Popcorn Chicken w/Soft Pretzel  
Parmesan Chicken Sandwich  
Yogurt/Cheese Stick/Cinni Swirl  
Ham/Turkey/Cheese on Roll

Green Beans, Baby Carrots  
Whole Apple, Fruit Juice  
Daily Milk Selection

**5**  
BBQ Grilled Chicken Sandwich  
Loaded Baked Potato w/Roll  
PBJ Uncrustable  
Garden Salad w/Roll

Steamed Corn, Veggie Juice  
Diced Peaches, Diced Pears  
Daily Milk Selection  
Grades 9-12 Nutri Grain Bar

**6**  
Corn Dog Minis  
Pierogies  
Yogurt/Cheese Stick/Cinni Swirl  
Chicken Wrap

Lettuce & Tomatoes, Baked Beans  
Apple Slices, Fruit Juice  
Daily Milk Selection

**7**  
Hot Ham & Cheese Croissant  
Stromboli w/Marinara  
Turkey/Cheese/Cracker Pack  
Garden Salad w/Roll

Cucumbers, Steamed Broccoli  
Orange Wedges, Sour Raisins  
Daily Milk Selection  
Grades 9-12 Cheeze-It Cracker

**8**  
Bosco Sticks w/Marinara  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable

Steamed Corn, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**11**  
Mac & Cheese w/Dinner Roll  
Rib B Que Sandwich  
Yogurt/Cheese Stick/Mini Cinnis  
Ham/Turkey/Cheese on Roll

Baby Carrots, Smile Fries  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**12**  
Tangy Chicken W/Rice  
Fish Sticks w/Roll  
PBJ Uncrustable  
Garden Salad w/Roll

Green Beans, Veggie Juice  
Mandarin Orange Cup  
Sour Raisins  
Daily Milk Selection  
Grades 9-12 Teddy Graham

**13**  
Chicken Alfredo w/Roll  
Mozzarella Sticks w/Marinara  
Yogurt/Cheese Stick/Mini Cinnis  
Chicken Wrap

Celery, Steamed Broccoli  
Fruit Juice, Mixed Fruit Cup  
Daily Milk Selection

**14**  
Buffalo Chicken Pizza  
Chicken Veggie Dumplings w/Sauce & Rice  
Yogurt/Cheese Stick/Mini Cinnis  
Garden Salad w/Roll

Lettuce & Tomatoes  
Chick Pea Salad  
Apple Slices, Grapes  
Daily Milk Selection  
Grades 9-12 Rice Krispy Treat

**15**  
Stromboli w/Marinara  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable

Steamed Corn, Cauliflower  
Banana, Diced Peaches  
Daily Milk Selection

**18**  
Cheese Steak Sandwich  
Chicken Fajita  
Yogurt/Cheese Stick/Cinni Swirl  
Ham/Turkey/Cheese on Roll

Peppers & Onions  
Lettuce & Tomatoes  
Whole Apple, Fruit Juice  
Daily Milk Selection

**19**  
Lasagna Roll Up w/ Garlic Toast  
French Toast w/Sausage  
PBJ Uncrustable  
Garden Salad w/Roll

Hash Brown Patty, Veggie Juice  
Mixed Fruit Cup, Applesauce  
Daily Milk Selection  
Grades 9-12 Chex Snack Mix

**20**  
Walking Beef Taco  
Cheese Ravioli w/Garlic Knot  
Yogurt/Cheese Stick/Cinni Swirl  
Chicken Wrap

Fiesta Black Beans  
Lettuce & Tomatoes  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**21**  
Chicken Thigh & Drumstick w/ Biscuit  
Cheese Pizza  
Turkey/Cheese/Cracker Pack  
Garden Salad w/Roll

\*Sugar Cookie Trees\*  
  
Mashed Potatoes, Broccoli Salad  
Apple Slices, Sour Raisins  
Daily Milk Selection

**22**  
1/2 Day  
No Lunches  
Served

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Merry Christmas

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

# DECEMBER

## State Road Breakfast Menu 2023

AVON GROVE CHARTER SCHOOL

MONDAY

Muffin  
Yogurt

Fruit Juice  
Clementine  
Daily Milk Selection

TUESDAY

Pop Tart  
Banana Bread  
Yogurt

Fruit Juice  
Sour Raisins  
Daily Milk Selection

WEDNESDAY

Cereal Bar  
Benefit Bar  
Yogurt

Fruit Juice  
Craisins  
Daily Milk Selection

THURSDAY

Whole Grain  
Funnel Cake

Fruit Juice  
Apple Slices  
Daily Milk Selection

FRIDAY

Plain Bagel  
Whole Grain  
Donut

Fruit Juice  
Banana  
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

FROSTY GETS CAUGHT  
PICKING HIS NOSE



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Q: What do  
snowmen eat for  
breakfast?

A: Frosted Flakes  
or Ice Crispies.



momsvtheboys.com