

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!

Kemblesville ELC Lunch Menu 2023

Lunch \$2.75

AVON GROVE CHARTER SCHOOL

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 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/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Veggie Juice, Baby Carrots
Banana, Grapes
Daily Milk Selection

4
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

5
BBQ Grilled Chicken Sandwich
Loaded Baked Potato w/Roll
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Veggie Juice
Diced Peaches, Diced Pears
Daily Milk Selection

6
Corn Dog Minis
Pierogies
Yogurt/Cheese Stick/Cinni Swirl
Ham and Cheese on Roll

Corn, Baked Beans
Sour Raisins, Fruit Juice
Daily Milk Selection

7
Hot Ham & Cheese Croissant
Stromboli w/Marinara
Yogurt/Cheese Stick/Cinni Swirl
Turkey/Cheese/Crackers

Broccoli Salad, Cucumber Slices
Orange Wedges, Apple Slices
Daily Milk Selection

8
Bosco Sticks w/Marinara
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable /Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Lettuce & Tomatoes, Veggie Juice
Banana, Grapes
Daily Milk Selection

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

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

12
Tangy Chicken W/Rice
Fish Sticks w/Roll
Yogurt/Cheese Stick/ Mini Cinnis
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Veggie Juice
Mandarin Orange Cup
Sour Raisins
Daily Milk Selection

13
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

14
Cheese Pizza
Chicken Veggie Dumplings w/Sauce & Rice
Yogurt/Cheese Stick/ Mini Cinnis

Lettuce & Tomatoes
Roasted Chick Peas
Apple Slices, Fruit Juice
Daily Milk Selection

15
Stromboli w/Marinara Sauce
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Fresh Broccoli
Banana, Grapes
Daily Milk Selection

18
Cheese Steak Sandwich
Chef/Garden Salad w/Roll
Yogurt/Cheese Stick/Mini Cinnis

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

19
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, Celery Sticks
Mixed Fruit Cup, Applesauce
Daily Milk Selection

20
Walking Beef Taco
Cheese Ravioli w/Garlic Knot
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll

Fiesta Black Beans
Cucumber Slices
Orange Wedges, Fruit Juice
Daily Milk Selection

21
Chicken Thigh & Drumstick w/ Biscuit
Cheese Pizza
Yogurt/Cheese Stick/ Mini Cinnis
Turkey/Cheese/Cracker Pack

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

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



26

27

28

29

Merry Christmas

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

DECEMBER

Kemblesville ELC Breakfast Menu 2023

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

FROSTY GETS CAUGHT
PICKING HIS NOSE



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Chase Carpenter...
WWW.TUNDRA COMICS.COM

Q: What do
snowmen eat for
breakfast?

A: Frosted Flakes
or Ice Crispies.



momvsstheboys.com

www.agcharter.org