

NOVEMBER

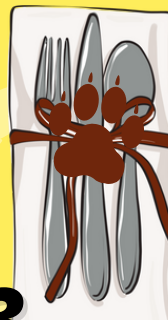
What is a Lunch Meal?

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

Daily Milk Selection includes:

1% White Milk
Non-Fat Chocolate Milk
Non-Fat Strawberry Milk

TUESDAY

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.

WEDNESDAY

1
Corn Dog Minis
Pierogies
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

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

THURSDAY

2
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

FRIDAY

3
Bosco Sticks w/Marinara
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Corn, Veggie Juice
Banana, Grapes
Daily Milk Selection

6
Mac & Cheese w/Dinner Roll
Rib b Que Sandwich
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

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

7
**No School
Teacher
Inservice**

8
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

9
Buffalo Chicken Pizza
Chicken Veggie Dumplings
w/Sauce & Rice
Turkey/Cheese/Cracker Pack
Garden Salad w/Roll

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

10
Stromboli w/Marinara
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Corn, Cauliflower
Banana, Diced Peaches
Daily Milk Selection

13
Turkey Shaped Nuggets
w/ Soft Pretzel
Cheese Steak Sandwich
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

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

14
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

15
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

16
Meatball Sandwich
Chicken Thigh & Drumstick
w/ Biscuit
Turkey/Cheese/Cracker Pack
Garden Salad w/Roll

Mashed Potatoes, Broccoli Salad
Apple Slices, Sour Raisins
Daily Milk Selection
Grades 9-12 Goldfish Crackers

***Thanksgiving 17**
Turkey/Gravy/Potato Bowl*
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Sugar Cookie
Corn, Baby Carrots
Banana, Grapes
Daily Milk Selection

20
**1/2 Day
No Lunches
Served**

21
**1/2 Day
No Lunches
Served**



22
HAPPY 23
Thanksgiving



27
Breaded Chicken Patty on Roll
Cheese Tortellini w/ Meat Sauce & Roll
Yogurt/Cheese Stick/Mini Cinni
Ham & Cheese on Roll

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

28
Chicken Quesadilla
Sausage, Egg & Cheese on English Muffin
PBJ Uncrustable
Garden Salad w/ Roll

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

29
Grilled Cheese Sandwich
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Chicken Caesar Wrap

Tomato Soup, Baked Beans
Mandarin Orange Cup, Fruit Juice
Daily Milk Selection
Grades 4-12 Extra Grain

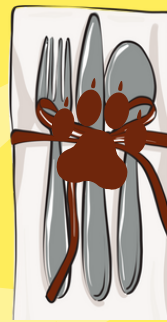
30
Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Turkey/Cheese/Cracker Pack
Garden Salad w/Roll

Steamed Carrots, Broccoli Salad
Apple Slices, Fruit Juice
Daily Milk Selection
Grades 9-12 Scooby Snack

NOVEMBER

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

THANKFUL



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 ½ cup of fruit or fruit juice.

*Ala Carte Items are charged at \$1.00 each

