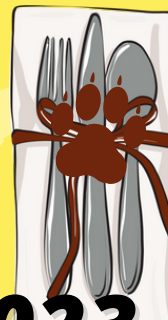


NOVEMBER

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!



Kemblesville ELC Lunch Menu 2023

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

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

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

2
Hot Ham & Cheese Croissant
Stromboli w/Marinara
Yogurt/Cheese Stick/Cinni Swirl
Turkey/Cheese/Crackers

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

3
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

6
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

7
No School Teacher Inservice

8
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

9
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

10
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

13
Turkey Shaped Nuggets w/Soft Pretzel
Cheese Steak Sandwich
Yogurt/Cheese Stick/Mini Cinnis

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

14
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

15
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

16
Meatball Sandwich
Chicken Thigh & Drumstick w/ Biscuit
Yogurt/Cheese Stick/ Mini Cinnis
Garden Salad w/Roll

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

***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

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

28
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

29
Grilled Cheese Sandwich
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Ham and Cheese on Roll

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

30
Hamburger/ Cheeseburger on Roll
Cheese Omelet w/Pancakes
Yogurt/Cheese Stick/ Mini Cinnis
Ham and Cheese on Roll

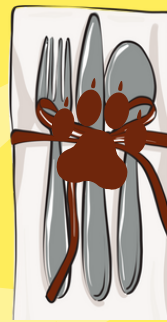
Steamed Carrots, Broccoli Florets
Apple Slices, Fruit Juice
Daily Milk Selection



NOVEMBER

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

T H A N K F U L



Kemblesville ELC Breakfast Menu 2023

AVON GROVE CHARTER SCHOOL

MONDAY

Muffin
Yogurt

Fruit Juice
Clementine
Daily Milk Selection

TUESDAY

Pop Tart
Yogurt

Fruit Juice
Sour Raisins
Daily Milk Selection

WEDNESDAY THURSDAY

Cereal Bar
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

Banana Bread

Fruit Juice
Apple Slices
Daily Milk Selection

FRIDAY

Whole Grain
Glazed 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

