

October

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)

Lunch \$3.25 (9-12)

AVON GROVE CHARTER SCHOOL

MONDAY

Popcorn Chicken w/Soft Pretzel **2**
Parmesan Chicken Sandwich
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

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

TUESDAY

BBQ Grilled Chicken Sandwich **3**
Loaded Baked Potato
PBJ Uncrustable
Chef/Garden Salad w/Roll

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

WEDNESDAY

Corn Dog Minis **4**
Pierogies
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

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

THURSDAY

Stromboli w/Marinara **5**
Turkey/Cheese/Cracker Pack
Garden Salad w/Roll
PBJ Uncrustable

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

FRIDAY

**1/2 Day
No Lunches
Served**

**No School
Teacher
Inservice**

9

Tangy Chicken W/Rice **10**
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

Chicken Alfredo w/Roll **11**
Mozzarella Sticks
w/Marinara
Yogurt/Cheese Stick/ Mini Cinnis
Chicken Wrap

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

Buffalo Chicken Pizza **12**
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

Stromboli w/Marinara **13**
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Corn, Cauliflower
Banana, Diced Peaches
Daily Milk Selection

Cheese Steak Sandwich **16**
Chicken Fajita
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

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

Lasagna Roll Up w/ Garlic **17**
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

Walking Beef Taco **18**
Cheese Ravioli w/Garlic Knot
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

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

Meatball Sandwich **19**
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

Pepperoni & Cheese Calzone **20**
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection

Breaded Chicken Patty **23**
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

Chicken Quesadilla **24**
Sausage, Egg & Cheese on
English Muffin
PBJ Uncrustable
Garden Salad w/ Roll

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

Grilled Cheese Sandwich **25**
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Chicken Wrap

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

Hamburger/
Cheeseburger on Roll **26**
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

Stuffed Crust Pepperoni Pizza **27**
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Cucumber Slices, Baby Carrots
Banana, Grapes
Daily Milk Selection

Popcorn Chicken w/Soft Pretzel **30**
Parmesan Chicken Sandwich
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

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

BBQ Grilled Chicken Sandwich **31**
Loaded Baked Potato
PBJ Uncrustable
Garden Salad w/Roll

Pumpkin Sugar Cookie

Steamed Corn, Veggie Juice
Diced Peaches, Diced Pears
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 for online payments and Free/Reduced price meal application.

October

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



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 THURSDAY

Cereal Bar
Benefit Bar
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

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

