

September

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



4

Cheese Omelet W/ Pancakes
Rib B Que Sandwich
Yogurt/Cheese Stick/Mini Cinnis
Ham & Cheese on Roll

Baby Carrots, Steamed Corn
Orange Wedges, Fruit Juice
Daily Milk Selection

TUESDAY

Popcorn Chicken w/Soft Pretzel
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
Pierogies
Yogurt/Cheese Stick/Cinni Swirl
Chicken Caesar Wrap

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

THURSDAY

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

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

FRIDAY

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

Cheese Omelet W/ Pancakes
Rib B Que Sandwich
Yogurt/Cheese Stick/Mini Cinnis
Ham & Cheese on Roll

Baby Carrots, Steamed Corn
Orange Wedges, Fruit Juice
Daily Milk Selection

12

Tangy Chicken W/Rice
Fish Sticks w/Roll
PBJ Uncrustable
Chef/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 Caesar Wrap

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

14

Chili w/ Corn Bread Poppers
Chicken Veggie Dumplings w/Sauce & Rice
Turkey/Cheese/Cracker Pack
Chef/Garden Salad w/Roll

Lettuce & Tomatoes
Roasted Chick Peas
Apple Slices, Fruit Juice
Daily Milk Selection
Grades 9-12 Rice Krispy Treat

15

Early Dismissal
No Lunch Served



18

Cheese Steak Sandwich
Chicken Fajita
Yogurt/Cheese Stick/Mini Cinnis
Ham & 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
Chef/ Garden Salad w/Roll

Hash Brown Patty, Celery Sticks
Mandarin Orange Fruit Cup,
Applesauce
Daily Milk Selection
Grades 9-12 Chex Snack Mix

20

Walking Beef Taco
Mini Cheese Ravioli w/Garlic Knot
Yogurt/Cheese Stick/Mini Cinnis
Chicken Caesar Wrap

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

21

Meatball Sandwich
Chicken Breast & Drumstick w/ Biscuit
Turkey/Cheese/Cracker Pack
Chef/Garden Salad w/Roll

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

22

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

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection

25

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

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

26

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

Steamed Green Beans
Celery Sticks, Apple Sauce
Sour Raisins
Daily Milk Selection
Grades 9-12 Grandma Cookie

27

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

Tomato Soup, Baked Beans
Grapes, Fruit Juice
Daily Milk Selection

28

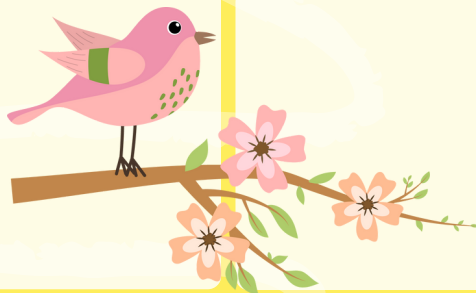
Hamburger/ Cheeseburger on Roll
Mac & Cheese w/ Dinner Roll
Turkey/Cheese/Cracker Pack
Chef/Garden Salad w/Roll

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

29

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

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection



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.

Daily Milk Selection includes:
1% White Milk
Non-Fat Chocolate Milk
Non-Fat Strawberry Milk



September

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
½ cup of fruit or fruit juice.**

***Ala Carte Items are charged at \$1.00 each**

