

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!



Kemblesville ELC Lunch Menu 2023

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

MONDAY



4

Popcorn Chicken w/Soft Pretzel
Loaded Baked Potato
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

TUESDAY

Popcorn Chicken w/Soft Pretzel
Loaded Baked Potato
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

WEDNESDAY

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

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

THURSDAY

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

Cucumbers, Steamed Broccoli
Orange Wedges, Sour Raisins
Daily Milk Selection

FRIDAY

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

Steamed Corn, Veggie Juice
Banana, Grapes
Daily Milk Selection

Cheese Omelet W/ Pancakes
Rib B Que Sandwich
Yogurt/Cheese Stick/Mini Cinnis

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

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

Chicken Alfredo w/Roll
Mozzarella Sticks
w/Marinara
Yogurt/Cheese Stick/ Mini Cinnis
Ham and Cheese on Roll

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

Chili w/ Corn Bread Poppers
Chicken Veggie Dumplings
w/Sauce & Rice
Yogurt/Cheese Stick/ Mini Cinnis

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

15
**Early Dismissal
No Lunch Served**

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

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

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
Mandarin Orange Fruit Cup,
Applesauce
Daily Milk Selection

Walking Beef Taco
Mini 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

Meatball Sandwich
Chicken Breast & Drumstick
w/ Biscuit
Yogurt/Cheese Stick/ Mini Cinnis
Turkey/Cheese/Cracker Pack

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

22
Pepperoni & Cheese Calzone
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection

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

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

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

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

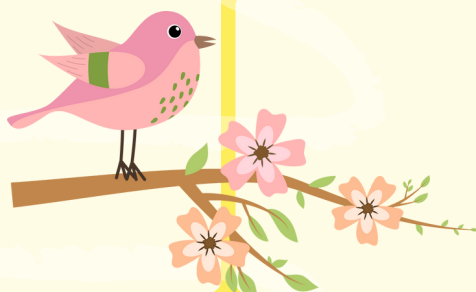
Tomato Soup, Baked Beans
Grapes, Fruit Juice
Daily Milk Selection

Hamburger/
Cheeseburger on Roll
Mac & Cheese w/ Dinner Roll
Yogurt/Cheese Stick/ Mini Cinnis
Turkey/Cheese/Cracker Pack

Potato Smiles, Broccoli Salad
Apple Slices, Fruit Juice
Daily Milk Selection

29
Stuffed Crust Pepperoni Pizza
Turkey/Cheese/Cracker Pack
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection



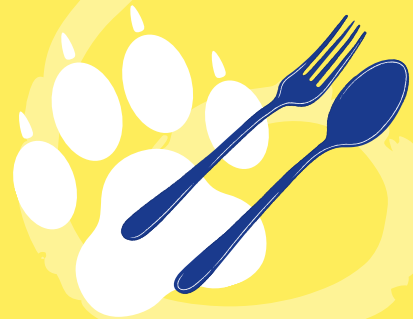
To make a payment to your child's lunch account, please send in check or cash with the student's name. Checks can be made payable to "AGCS". Visit Schoolcafe.com for online payments and Free/Reduced price meal application.

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!



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
 $\frac{1}{2}$ cup of fruit or fruit juice.

*Ala Carte Items are charged at \$1.00 each

