



### 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

**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

## TUESDAY

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

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

## WEDNESDAY

**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

## THURSDAY

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

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

## FRIDAY



Welcome  
**BACK TO SCHOOL**

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](http://SchoolCafe.com) for online payments and Free/Reduced price meal application.

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



**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

**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  
Donuts**

Fruit Juice  
Banana  
Daily Milk Selection

**Students must choose at least 3 items for a complete breakfast meal and 1 must be 1/2 cup of fruit or fruit juice.**

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

[www.agcharter.org](http://www.agcharter.org)