

JANUARY



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!

2024

State Road Lunch Menu 2024

Lunch \$2.75 (4-8)

Lunch \$3.25 (9-12)

AVON GROVE CHARTER SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

HAPPY new YEAR

School Closed

2

Chicken Quesadilla
Sausage, Egg & Cheese on English Muffin
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Green Beans
Veggie Juice
Apple Sauce, Sour Raisins
Daily Milk Selection

3

Grilled Cheese Sandwich
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Turkey/Cheese/Cracker Pack

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

4

Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Hard Boiled Egg/Diced Cheese/
PB/Apples/Banana Bread Pack
Garden Salad w/Roll

Steamed Carrots, Broccoli Salad
Grapes, Fruit Juice
Daily Milk Selection
Grades 9-12 Scooby Snack

5

Stuffed Crust Pepperoni Pizza
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Cucumber Slices, Cauliflower
Banana, Fruit Juice
Daily Milk Selection

8

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

Green Beans, Baby Carrots
Orange Wedges, Fruit Juice
Daily Milk Selection

9

BBQ Grilled Chicken Sandwich
Loaded Potato w/Bread Stick
PBJ Uncrustable
Garden Salad w/Roll

Steamed Corn, Veggie Juice
Diced Peaches
Mandarin Orange Cup
Daily Milk Selection
Grades 9-12 NutriGrain

10

Corn Dog Minis
Southwest Chicken Egg Roll w/Rice
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

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

11

Chicken Thigh & Drumstick w/ Garlic Knot
Pierogies
Diced Ham & Cheese/Soft Pretzel/Grapes Pack
Garden Salad w/Roll

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

12

Bosco Sticks w/Marinara
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Mixed Veggies
Veggie Juice
Banana, Grapes
Daily Milk Selection

15

Martin Luther King Day

School Closed

16

Tangy Chicken w/Rice
Cheese Tortellini w/Meat Sauce & Garlic Knot
PBJ Uncrustable
Garden Salad w/Roll

Green Beans, Veggie Juice
Orange Wedges, Sour Raisins
Daily Milk Selection
Grades 9-12 Teddy Graham

17

Chicken Alfredo w/Bread Sticks
Mozzarella Sticks w/Marinara
Yogurt/Cheese Stick/ Mini Cinni
Chicken Wrap

Celery, Steamed Broccoli
Fruit Juice, Chick Pea Salad
Daily Milk Selection

18

Buffalo Chicken Pizza
Chicken Veggie Dumplings w/Sauce & Rice
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread
Garden Salad w/Roll

Lettuce & Tomatoes
Veggie Juice
Apple Slices, Grapes
Daily Milk Selection
Grades 9-12 Rice Krispy Treat

19

Stromboli w/Marinara
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Corn, Cauliflower
Banana, Applesauce
Daily Milk Selection

22

TEACHING IS A WORK OF HEART

School Closed
In-Service Day

23

Lasagna Roll Up w/ Garlic 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

24

AuGratin Potatoes w/Bee
Crumbles & BreadStick
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Chicken Caesar Wrap

Celery Sticks, Baked Beans
Mandarin Orange Cup, Fruit Juice
Daily Milk Selection
Grades 4-12 Extra Snack Grain

25

Hot Ham & Cheese On Pretzel Roll
Breaded Ravioli w/Marinara
Diced Ham & Cheese/Soft Pretzel/Grapes Pack
Garden Salad w/Roll

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

26

Pepperoni & Cheese Calzone
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Green Beans, Veggie Juice
Banana, Grapes
Daily Milk Selection

29

Breaded Chicken Patty on Roll
Spaghetti w/Meatballs & Garlic Toast
Yogurt/Cheese Stick/Mini Cinni
Ham & Cheese on Roll

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

30

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

Steamed Green Beans
Veggie Juice
Apple Sauce, Sour Raisins
Daily Milk Selection

31

Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

Fiesta Black Beans
Lettuce & Tomatoes
Whole Apple, Fruit Juice
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.



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

JANUARY

State Road Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

Bagel w/ cream
cheese or jelly
Assorted Donuts

Fruit Juice
Clementine
Daily Milk Selection

TUESDAY

Assorted Pastries
Cheese Stick

Fruit Juice
Sour Raisins
Daily Milk Selection

WEDNESDAY

Sausage Pancake
on Stick
Assorted Muffins
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

THURSDAY

Fruit & Yogurt
Parfait
Waffle

Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

FRIDAY

Assorted
Breakfast Bars
Cheese Stick

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

I GOT ONE OF THOSE
DNA KITS. TURNS OUT
I'M 85% WATER, 8%
DIRT AND 7% DOG PEE.

JEEZ, DOUG, YOU
BEEN WORKING OUT?

WHAT DO SNOWMEN EAT
FOR LUNCH?

I DON'T KNOW,
WHAT!?

ICEBERGERS!