



MIDDLE/HIGH SCHOOL MENU

January 29– February 9 2024

This institution is an equal opportunity provider and employer.

Melissa Schad, Food Service Director
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412-366-6360 x1612

Menu Subject to Change
See the District Website for additional info.



Eat Right, Future Bright!

LUNCH MENU

BREAKFAST MENU

BREAKFAST IS FREE TO ALL STUDENTS THROUGH THE END OF THE SCHOOL YEAR!

Featured Breakfast Offerings:

- Monday: Dutch Waffle
- Tuesday: Pancake & Sausage on a Stick
- Wednesday: French Toast Sticks w/syrup
- Thursday: Breakfast Pizza
- Friday: Sausage & Cheese Bagel

In addition to the daily offering, the following alternate choices are available daily for breakfast

Students may choose the daily feature or (1) item from the list below in addition to fruit and/or juice and milk for a complete breakfast.

- Large Cereal Cup
- Whole Grain Muffin
- Whole Grain Pop Tart
- Whole Grain Cinnamon Roll
- Whole Grain Donut
- Benefit Bar
- Sweet Bread

	January 29	January 30	January 31	February 1	February 2
THESE ITEMS ARE OFFERED IN THE HIGH SCHOOL CAFETERIA SERVING LINE					
LINE 1 (Left Side)	French Toast Sticks with Yogurt Cup & Sausage Patty (\$3.00)	Scratch Made Chicken Tikka Masala over Rice w/ Dinner Roll (\$3.00)	Ham & Cheese Panini (\$3.00)	Swedish Meatball, Mashed Potato & Gravy Bowl w/ Fresh Baked Roll (\$3.00)	Will Punxsutawney Phil see his shadow? Twisted Breadsticks & Dipping Sauce (\$3.65) Buffalo Chicken Pizza (\$3.65)
LINE 2 (Right Side)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Cheeseburger (\$3.00) Chicken Nuggets & Snack Crackers (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Bacon, Egg & Cheese Croissant (\$3.00) Mini Corn Dogs (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Grilled Cheese (\$3.00) Chicken Strips & Snack Crackers (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) BBQ Rib Sandwich (\$3.00) Mozzarella Cheese Sticks w/Sauce (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Fish Sandwich (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)
ALL Snack & Beverage Sales will be offered in the Middle School Cafeteria Serving Line ONLY					
Vegetable Options (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Potato & Black Bean Salad Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Potato & Black Bean Salad Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Potato & Black Bean Salad Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Potato & Black Bean Salad Street Corn Salad
Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Blueberry Crisp Dried Cherries Applesauce 100% Fruit Juice	Fresh Apple Blueberry Crisp Dried Cherries Applesauce	Fresh Apple Blueberry Crisp Dried Cherries Applesauce	Fresh Apple Blueberry Crisp Dried Cherries Applesauce 100% Fruit Juice
Milk Options (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate



Meal Prices

Paid Breakfast	FREE
Reduced Breakfast	FREE
Adult Breakfast	\$2.30
Paid Lunch	\$3.00
Premium Lunch	\$ 3.65
Reduced Lunch	FREE
Adult Lunch	\$4.80
Milk	\$.80



**FEBRUARY—
MUSHROOMS**

Did you know?

Pennsylvania leads the US in mushroom production with more than 50 farms growing nearly 557 million pounds of mushrooms each year.



Our program sources local produce when available!

	February 5	February 6	February 7	February 8	February 9
THESE ITEMS ARE OFFERED IN THE HIGH SCHOOL CAFETERIA SERVING LINE					
LINE 1 (Left Side)	Chicken & Waffle Chicken Drumstick & Waffle (\$3.00)	Celebrate Chinese New Year and National Chopstick Day! Sweet & Sour Chicken over Rice w/Egg Roll (\$3.65)	Cheesy Pull Apart w/ Marinara Cup (\$3.00)	Scratch Made Sloppy Joe on a Bun w/Twist Fries (\$3.00)	Big Daddy's Pizza (\$3.00) Quesadilla Pizza (\$3.65) National Pizza Day! Super Bowl LVIII Celebration!
LINE 2 (Right Side)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Cheeseburger (\$3.00) Chicken Nuggets & Snack Crackers (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Bacon, Egg & Cheese Croissant (\$3.00) Mini Corn Dogs (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Grilled Cheese (\$3.00) Chicken Strips & Snack Crackers (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) BBQ Rib Sandwich (\$3.00) Mozzarella Cheese Sticks w/Sauce (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)	Premium Chicken Sandwich (\$3.65) Premium Spicy Chicken Sandwich (\$3.65) Fish Sandwich (\$3.00) Italian Hoagie (\$3.00) Uncrustable (\$3.00) Triple Dip & Tortilla Chips (\$3.00) Breakfast Bundle (\$3.00) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Snack Crackers (\$3.65)

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Vegetable Options (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad
Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice
Milk Options (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

CAFETERIA PAYMENT PROCEDURES

Enrolled students will automatically have a cafeteria account. This account can be accessed using the student's last name or student ID#. APC/AES students will be issued an ID card on a lanyard to be used for meal purchases. Cafeteria staff will access the barcode on their ID card using a handheld scanner. Parents may fund their student's cafeteria account by using the **My School Bucks** on-line payment system (a fee is charged for this service) or by sending payment with their student. Prepayments are accepted any day and for any amount. Checks are the preferred method of payment and will act as your receipt. Please include student name and/or ID number on the check made payable to the **Avonworth Cafeteria Fund**. Students may purchase breakfast, lunch and extras using the money in their cafeteria account. Students with a zero or negative balance in their cafeteria account will not be denied a meal but will not be permitted to purchase "extras". Please be aware that balances are carried over each year and from one school to another.

For more info see, "**Avonworth School Meal Payment/Charge Procedures**" on the District Website Nutrition Services Page.

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