

FEBRUARY

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 2024

Lunch \$2.75 (4-8) AVON GROVE CHARTER SCHOOL
Lunch \$3.25 (9-12)

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

5
Chicken Poppers 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

6
BBQ Grilled Chicken Sandwich
Loaded Potato w/Bread Stick
PBJ Uncrustable
Garden Salad w/Bread Stick

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

7
Corn Dog Minis
Southwest Chicken Egg Roll w/Rice
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

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

1
Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread Pack
Garden Salad w/Bread Stick

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

2
Stuffed Crust Pepperoni Pizza
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Cucumber Slices, Cauliflower
Banana, Fruit Juice
Daily Milk Selection

12
Mac & Cheese w/Dinner Roll
Rib B Que Sandwich
Yogurt/Cheese Stick/Mini Cinnis
Ham & Cheese on Roll

Green Beans, Smile Fries
Diced Pears, Fruit Juice
Daily Milk Selection

Mardi Gras

13
Fat Tuesday Pancake & Egg Special*
Stromboli
PBJ Uncrustable
Garden Salad w/Bread Stick

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

14
Chicken Alfredo w/Bread Sticks
Mozzarella Sticks w/Marinara
Yogurt/Cheese Stick/ Mini Cinnis
Chicken Wrap

Steamed Broccoli, Chick Pea Salad
Fruit Juice, Mixed fruit cup
Daily Milk Selection
Valentine Sugar Cookie

15
Buffalo Chicken Pizza
Chicken Veggie Dumplings w/Sauce & Rice
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread
Garden Salad w/Bread Stick

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

16
Early Dismissal
No lunch Served

19
HAPPY Presidents Day
School Closed

20
Lasagna Roll Up w/ Garlic Toast
French Toast w/Sausage
PBJ Uncrustable
Garden Salad w/Bread Stick

Hash Brown Patty, Veggie Juice
Mixed Fruit Cup, Applesauce
Daily Milk Selection
Grades 9-12 Chex Snack Mix

21
AuGratin Potatoes w/Beef 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

22
Hot Ham & Cheese On Pretzel Roll
Breaded Ravioli w/Marinara & Soft Pretzel
Diced Ham & Cheese/Soft Pretzel/Grapes Pack
Garden Salad w/Bread Stick

Carrots, Steamed Broccoli
Apple Slices, Sour Raisins
Daily Milk Selection

23
Pepperoni & Cheese Calzone
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Green Beans, Veggie Juice
Banana, Grapes
Daily Milk Selection

26
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

27
Chicken Quesadilla
Sausage, Egg & Cheese on English Muffin
PBJ Uncrustable
Garden Salad w/Bread Stick

Steamed Green Beans
Veggie Juice
Apple Sauce, Sour Raisins
Daily Milk Selection
Grades 9-12 Cheeze-It Cracker

28
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

29
Hamburger/
Cheeseburger on Roll
Mini Cinnamon Cheese Bites
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread Pack
Garden Salad w/Bread Stick

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



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

FEBRUARY

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
½ cup of fruit or fruit juice.

*Ala Carte Items are charged at \$1.00 each

The History of Mardi Gras

Mardi Gras came to New Orleans through its French heritage in 1699. Early explorers celebrated this French Holiday on the banks of the Mississippi River. Throughout the years, Orleanians have added to the celebration by establishing *krewes* (organizations) which host parades and balls. Carnival quickly became an exciting holiday for both children and adults.

Shrove Tuesday or Pancake Day

SHROVE TUESDAY is the day before Lent starts on Ash Wednesday. Shrove Tuesday is also known **PANCAKE DAY**, which comes from the old English custom of using up all the fattening ingredients in the house before Lent, so that people were ready to fast during Lent. A very simple recipe to use up these ingredients was to combine them with some flour and make pancakes!



Valentines Day

Fun Facts ♡

The first heart-shaped
chocolate box was
produced in 1861

According to
the National Retail
Foundation, Americans
spent \$27.4 million
dollars for Valentines
Day in 2020

Approximately 6 million
couples get engaged on
Valentines Day each year

Over 8 billion conversation hearts
are manufactured each year