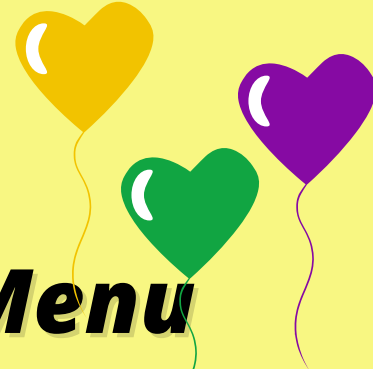


FEBRUARY

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!



Kemblesville ELC Lunch Menu

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Carrots, Broccoli Florets
Apple Slices, Fruit Juice
Daily Milk Selection

Stuffed Crust Pepperoni Pizza
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Veggie Juice, Baby Carrots
Banana, Grapes
Daily Milk Selection

Popcorn Chicken w/Soft Pretzel
Parmesan Chicken Sandwich
Yogurt/Cheese Stick/Cinni Swirl

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

BBQ Grilled Chicken Sandwich
Loaded Potato w/Breadstick
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Veggie Juice
Diced Peaches
Mandarin Orange Cup
Daily Milk Selection

Corn Dog Minis
Southwest Chicken Egg Roll w/Rice
Yogurt/Cheese Stick/Cinni Swirl
Ham and Cheese on Roll

lettuce & Tomato, Baked Beans
Apple Sauce, Fruit Juice
Daily Milk Selection

Chicken Thigh & Drumstick w/Garlic Knot
Pierogies
Yogurt/Cheese Stick/ Mini Cinnis
Assorted Lunchables

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

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

Steamed Mixed Veggies
Veggie Juice
Banana, Grapes
Daily Milk Selection

Mardi Gras

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

Baby Carrots, Smile Fries
Diced Pears, Fruit Juice
Daily Milk Selection

Fat Tuesday Pancake & Egg Special*
Stromboli
Yogurt/Cheese Stick/ Mini Cinnis
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Veggie Juice
Orange Wedges, 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
Diced Peaches, Fruit Juice
Daily Milk Selection
Valentine Sugar Cookie

Cheese Pizza
Chicken Veggie Dumplings w/Sauce & Rice
Yogurt/Cheese Stick/ Mini Cinnis

Lettuce & Tomatoes
Chick Pea salad
Apple Slices, Fruit Juice
Daily Milk Selection

**Early Dismissal
No lunch Served**

HAPPY Presidents Day

School Closed

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, Veggie Juice
Orange Wedges, Applesauce
Daily Milk Selection

AuGratin Potatoes w/Beef Crumbles & Breadstick
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Ham and Cheese on Roll

Celery Sticks, Baked Beans
Mandarin Orange Cup, Fruit Juice
Daily Milk Selection

Hot Ham & Cheese on Pretzel Roll
Breaded Ravioli w/Marinara & Soft Pretzel
Yogurt/Cheese Stick/Cinni Swirl
Assorted Lunchables

Broccoli Salad, Cucumber Slices
Craisins, Apple Slices
Daily Milk Selection

Stromboli
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Veggie Juice, Baby Carrots
Banana, Grapes
Daily Milk Selection

Breaded Chicken Patty on Roll
Spaghetti & Meatballs w/Garlic Toast
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

Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll

Fiesta Black Beans
Cucumber Slices
Mixed Fruit Cup, Fruit Juice
Daily Milk Selection

Hamburger/
Cheeseburger on Roll
Mini Cinnamon Cheese Bites
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Carrots, Broccoli Florets
Apple Slices, Fruit Juice
Daily Milk Selection



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

FEBRUARY

Kemblesville ELC Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

**Muffin
Yogurt**

Fruit Juice
Banana
Daily Milk Selection

TUESDAY

**Pop Tart
Yogurt**

Fruit Juice
Sour Raisins
Daily Milk Selection

WEDNESDAY

**Cereal Bar
Yogurt**

Fruit Juice
Craisins
Daily Milk Selection

THURSDAY

Banana Bread

Fruit Juice
Clementine
Daily Milk Selection

FRIDAY

**Whole Grain
Glazed Donut
Alternating**

Fruit Juice
Apple Slices
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*