

hello
May

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

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.

1
Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

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

2
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
Apple Slices, Fruit Juice
Daily Milk Selection
Grades 9-12 Scooby Snack

3
PIZZA
PRIMA'S CHEESE PIZZA DAY!
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

Cucumber Slices, Cauliflower
Banana, Grapes
Daily Milk Selection

CINCO DE MAYO CELEBRATION

6
Chicken & Cheese Tamale
Chicken Empanada
Yogurt/Cheese Stick/Cinni Swirl
Garden Salad w/Bread Stick

Cinnamon Churros
Black Bean Salad
Mango Wango Juice
Orange Wedges,
Daily Milk Selection

7
BBQ Grilled Chicken Sandwich
Loaded Potato w/Bread Stick
PBJ Uncrustable
Ham & Cheese on Roll

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

8
Corn Dog Minis
Southwest Chicken Egg Roll w/Rice
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

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

9
Chicken Thigh & Drumstick w/ Garlic Knot
Pierogies
Diced Ham & Cheese/Soft Pretzel/Grapes Pack
Garden Salad w/Bread Stick

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

10
Bosco Sticks w/Marinara
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

Steamed Mixed Veggies
Veggie Juice
Banana, Grapes
Daily Milk Selection

13
Mac & Cheese w/Dinner Roll
Rib B Que Sandwich
Yogurt/Cheese Stick/Mini Cinnis
Ham & Cheese on Roll

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

14
Tangy Chicken w/Rice
Cheese Tortellini with or without Meat Sauce & Garlic Knot
PBJ Uncrustable
Garden Salad w/Bread Stick

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

15
Chicken Alfredo w/Bread Stick
Mozzarella Sticks w/Marinara
Yogurt/Cheese Stick/ Mini Cinnis
Chicken Wrap

Steamed Broccoli, Chick Pea Salad
Fruit Juice, Apple Sauce
Daily Milk Selection

16
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, Mixed Fruit Cup
Daily Milk Selection
Grades 9-12 Rice Krispy Treat

17
Stromboli w/Marinara
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Steamed Corn, Cauliflower
Banana, Grapes
Daily Milk Selection

20
Cheese Steak Sandwich
Mini Maple/Cinnamon Boscos
Yogurt/Cheese Stick/Cinni Swirl
Ham & Cheese on Roll

Peppers & Onions
Lettuce & Tomatoes
Whole Apple, Fruit Juice
Daily Milk Selection

21
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

22
AuGratin Potatoes with or without Beef Crumbles & BreadStick
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Chicken Wrap

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

23
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

24
Pepperoni & Cheese Calzone
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

Green Beans, Veggie Juice
Banana, Grapes
Daily Milk Selection



28
Chicken Quesadilla
Egg & Cheese on English Muffin with or without sausage
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

29
Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable

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

30
Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread Pack
Garden Salad w/Bread Stick

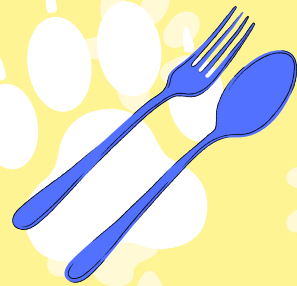
Steamed Carrots, Broccoli Salad
Clementines, Fruit Juice
Daily Milk Selection
Grades 9-12 Scooby Snack

31
Stuffed Crust Pepperoni Pizza
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
Chicken Wrap

Cucumber Slices, Cauliflower
Banana, Grapes
Daily Milk Selection

hello
May

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



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

Assorted
Breakfast Bars
Cheese Stick

Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

FRIDAY

Fruit & Yogurt
Parfait
Eggo French Toast

Fruit Juice
Banana
Apple Slices w/ PB
Daily Milk Selection

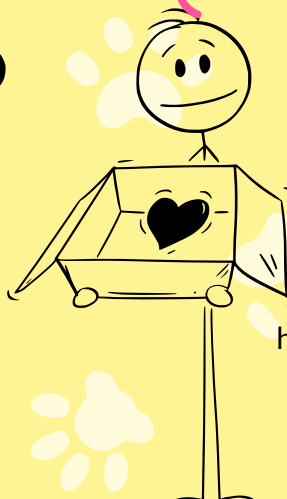
Students must choose at least 3 items for a complete breakfast meal and 1 must be ½ cup of fruit or fruit juice.

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

The USDA requires students to take a complete meal at breakfast and lunch, which includes ½ cup serving of a fruit or vegetable for the school to receive reimbursement.

I don't like fruits or veggies, why do I have to take them? This is dumb!

Dude, just show some love and drop what you don't like in the share bin for another student to enjoy!



Did you know... Per USDA regulations at least 2 types of lowfat milk must be offered and bottled water cannot be offered in the serving line due to calorie requirements. (Exceptions made for documented lactose intolerance.) We do have water fountains available throughout the school and in the cafeteria so bring your refillable bottles!