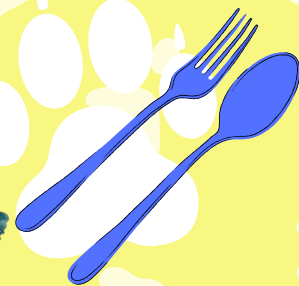


hello
May

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!



Kemblesville ELC Lunch Menu 2024

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

1
Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll

Fiesta Black Beans
Veggie Juice
Mixed Fruit Cup, Fruit Juice
Daily Milk Selection

2
Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Carrots, Cucumber Slices
Apple Slices, Fruit Juice
Daily Milk Selection

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

Broccoli Florets, Baby Carrots
Banana, Grapes
Daily Milk Selection

6
Popcorn Chicken w/Soft Pretzel
Parmesan Chicken Sandwich
Yogurt/Cheese Stick/Cinni Swirl

CINCO DE MAYO

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

7
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

8
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

9
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

10
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

13
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

14
Tangy Chicken W/Rice
Cheese Tortellini with or without Meat Sauce & Garlic Knot
Yogurt/Cheese Stick/ Mini Cinnis
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Celery
Orange Wedges, Fruit Juice
Daily Milk Selection

15
Chicken Alfredo w/Roll
Mozzarella Sticks w/Marinara
Yogurt/Cheese Stick/ Mini Cinnis
Ham and Cheese on Roll

Veg Juice, Steamed Broccoli
Diced Peaches, Sour Raisins
Daily Milk Selection

16
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

17
Stromboli w/Marinara Sauce
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Fresh Broccoli
Banana, Grapes
Daily Milk Selection

20
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll
Assorted Lunchables

Baby Carrots
Apple Slices, Fruit Juice
Rice Krispie Treat
Daily Milk Selection

21
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll
Assorted Lunchables

Baby Carrots, Veggie Juice
Apple Slices
Rice Krispie Treat
Daily Milk Selection

22
Hot Dog on Roll
Yogurt/Cheese Stick/Mini Cinni
Ham and Cheese on Roll
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

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

23
Breaded Ravioli w/Marinara & Soft Pretzel
Chef/Garden Salad w/Roll
Yogurt/Cheese Stick/Cinni Swirl

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

24
Pepperoni & Cheese Calzone
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Baby Carrots
Banana, Grapes
Daily Milk Selection



27
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, Fruit Juice
Daily Milk Selection

28
Walking Beef Taco
Fish Sticks w/Roll
Yogurt/Cheese Stick/Mini Cinnis
Ham and Cheese on Roll

Fiesta Black Beans
Veggie Juice
Mixed Fruit Cup, Sour Raisins
Daily Milk Selection

29
Hamburger/
Cheeseburger on Roll
Cheese Omelet w/Pancakes
Yogurt/Cheese Stick/ Mini Cinnis

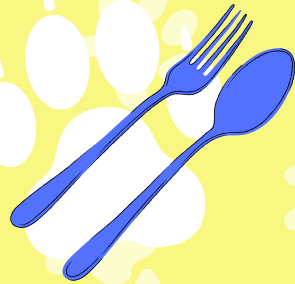
Steamed Carrots, Broccoli Florets
Apple Slices, Fruit Juice
Daily Milk Selection

30
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

hello
May

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



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

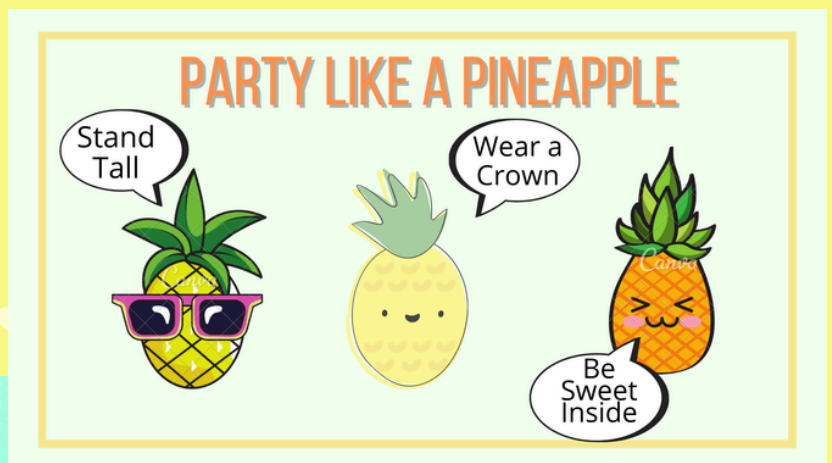
FRIDAY

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
 $\frac{1}{2}$ cup of fruit or fruit juice.

*Ala Carte Items are charged at \$1.00 each



When should you
go at red and
stop at green?

When eating a
watermelon!

