

September

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)
Lunch \$3.25 (9-12)

AVON GROVE CHARTER SCHOOL

MONDAY

2
LABOR DAY

TUESDAY

3
Mac & Cheese w/Pretzel Rod
Corn Dog Minis
Ham & Cheese Club
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread Pack

Mashed Potatoes, Cucumber Slices
Whole Pear, Apple Sauce
Daily Milk Selection

WEDNESDAY

4
Cheese Omelet w/ Pancakes
Rib B Que on Club Roll
Yogurt/Cheese Stick/Mini Cinni
Chicken Wrap

Steamed Green Beans, Celery Sticks
Craisins, Fruit Juice
Daily Milk Selection

THURSDAY

5
Chicken Thigh & Drumstick
w/ Garlic Knot
Cheese Tortellini w/or w/o
Meat Sauce and Garlic Knot
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Corn on the Cob, Veggie Juice
Apple Slices w/ PB, Mandarin Cup
Daily Milk Selection

FRIDAY

6
PIZZA
Prima's Cheese Pizza Day!
PBJ Uncrustable
Yogurt/Cheese Stick/Mini
Cinni
Diced Ham & Cheese/Soft
Pretzel & Grapes Pack

Chick Pea Salad, Veggie Juice
Banana, Grapes
Daily Milk Selection

9
Mozzarella Sticks w/ Marinara
Chicken Alfredo
Yogurt/Cheese Stick/Mini
Cinni
Garden Salad w/ Soft Pretzel

Baby Carrots, Steamed Corn
Cantaloupe, Fruit Juice
Daily Milk Selection

10
Chili Cheese Fritos
Breaded Dill Chicken Sandwich
Ham & Cheese Club
Diced Ham & Cheese/Soft Pretzel
& Grapes Pack

Crinkle Fries, Pickles
Orange Wedges, Diced Peaches
Daily Milk Selection

11
Hamburger or Cheeseburger
on Roll
Lasagna Rollup w/Garlic Toast
Yogurt/Cheese Stick/Mini
Cinni
Chicken Wrap

Baked Beans, Celery Sticks
Sour Raisins, Fruit Juice
Daily Milk Selection

12
Buffalo Chicken & Cheese
Empanadas
Cheese Steak on Club Roll
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Steamed Onions/Peppers,
Lettuce/Tomato
Apple Slices w/PB, Mandarin Cup
Daily Milk Selection

13
Buffalo Chicken Pizza
PBJ Uncrustable
Yogurt/Cheese Stick/Mini
Cinni
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread
Pack

Broccoli Salad, Veggie Juice
Banana, Grapes
Daily Milk Selection

16
Hot Dog on Roll
Mac & Cheese Bites
Yogurt/Cheese Stick/Mini
Cinni
Garden Salad w/ Soft Pretzel

Baby Carrots, Baked Beans
Whole Apple, Fruit Juice
Daily Milk Selection

17
Meatball Sandwich
Mini Cinnamon/Maple Cheese
Bites
Ham & Cheese Club
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread Pack

Shoe String Fries, Lettuce/Tomato
Orange Wedges, Apple Sauce
Daily Milk Selection

18
BBQ Chicken Chili w/Corn
Bread Poppers
Breaded Ravioli w/Pretzel Rod
Yogurt/Cheese Stick/Mini
Cinni
Chicken Wrap

Steamed Corn, Veggie Juice
Mandarin Cup, Craisins
Daily Milk Selection

19
Tangy Chicken w/Rice
Fish Sticks w/ Roll
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Steamed Cauliflower w/Orange Sauce
Cucumber Slices
Apple Slices w/PB, Plum
Daily Milk Selection

20
**1/2 Day
No Lunches
Served**

23
Popcorn Chicken w/Pretzel
Rod
Ramen Noodles w/egg & Roll
Yogurt/Cheese Stick/Mini
Cinni
Garden Salad w/ Soft Pretzel

Baby Carrots, Steamed Corn
Apple Sauce, Fruit Juice
Sour Raisins
Daily Milk Selection

24
French Toast w/Sausage
Chicken Parmesan Sandwich
Ham & Cheese Club
Diced Ham & Cheese/Soft Pretzel
& Grapes Pack

Hashbrown, Veggie Juice
Whole Pear, Mixed Fruit Cup
Daily Milk Selection

25
Sweet & Spicy Mango
Meatballs w/Rice
Cheese Steak Pinwheels
Yogurt/Cheese Stick/Mini
Cinni
Chicken Wrap

Steamed Green Beans, Veggie Juice
Mandarin Cup, Sour Raisins
Daily Milk Selection

26
Chicken Gravy Crunchers
w/Biscuit
Chicken/Cheese/Salsa Tamale
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Fiesta Black Beans
Cucumber Slices
Apple Slices w/PB, Fruit Juice
Daily Milk Selection

27
Mini Pepperoni & Cheese
Calzones
PBJ Uncrustable
Yogurt/Cheese Stick/Mini
Cinni
Hard Boiled Egg/Diced Cheese/
PB/Apples & Banana Bread
Pack

Steamed Broccoli, Veggie Juice
Banana, Grapes
Daily Milk Selection

30
Stromboli
Spaghetti w/Meatballs &
Garlic Toast
Yogurt/Cheese Stick/Mini
Cinni
Garden Salad w/ Soft Pretzel

Steamed Green Beans, Baby Carrots
Strawberry Wiggles, Diced Pears
Daily Milk Selection



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



September

Breakfast is free for all students during the 2024-2025 School year!



State Road Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1,3&5

Bagel w/cream cheese or jelly
Assorted Donuts

Assorted Pastries
Cheese Stick

Cheese Stuffed Hashbrown
Assorted Muffins

Assorted Breakfast Bars
Cheese Stick

Fruit & Yogurt Parfait
Eggo French Toast

Fruit Juice
Clementine
Daily Milk Selection

Fruit Juice
Sour Raisins
Daily Milk Selection

Fruit Juice
Craisins
Daily Milk Selection

Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

Fruit Juice
Banana
Apple Slices w/ PB
Daily Milk Selection

WEEK 2&4

Bagel w/cream cheese or jelly
Assorted Donuts

Breakfast Pizza
Assorted Pastries
Cheese Stick

Cheesy Egg Bites
Assorted Muffins
Yogurt

Assorted Breakfast Bars
Cheese Stick

Fruit & Yogurt Parfait
Mini Pancakes

Fruit Juice
Clementine
Daily Milk Selection

Fruit Juice
Sour Raisins
Daily Milk Selection

Fruit Juice
Craisins
Daily Milk Selection

Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

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 1/2 cup of fruit or fruit juice.

*Ala Carte Items are charged at \$1.00 each

Excellence
through
Ingenuity

