

# 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!



## Kemblesville ELC Lunch Menu 2024

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

### MONDAY

2



**Mozzarella Sticks w/ Marinara**  
**Garden Salad w/Soft Pretzel**  
Yogurt/Cheese Stick/Mini Cinnis

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

### TUESDAY

3

**Mac & Cheese w/Pretzel Rod**  
**Corn Dog Minis**  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)  
  
Mashed Potatoes, Cucumber Slices  
Diced Pears, Apple Sauce  
Daily Milk Selection

### WEDNESDAY

4

**Cheese Omelet w/ Pancakes**  
**Rib B Que on Club Roll**  
Yogurt/Cheese Stick/ Mini Cinnis  
  
Steamed Green Beans  
Celery Sticks  
Craisins, Fruit Juice  
Daily Milk Selection

### THURSDAY

5

**Chicken Thigh & Drumstick w/ Garlic Knot**  
**Cheese Tortellini w/ Meat sauce & Garlic Knot**  
Yogurt/Cheese Stick/ Mini Cinnis  
  
Steamed Corn, Veggie Juice  
Apple Slices, Mandarin Cup  
Daily Milk Selection

### FRIDAY

6

**Breakfast Pizza**  
**Assorted Lunchables**  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)  
  
Chick Pea Salad, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**Mozzarella Sticks w/ Marinara**  
**Garden Salad w/Soft Pretzel**  
Yogurt/Cheese Stick/Mini Cinnis

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

**Chili Cheese Fritos**  
**Ham & Cheese Sandwich**  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Smile Fries, Veggie Juice  
Orange Wedges, Diced Peaches  
Daily Milk Selection

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

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

**Buffalo Chicken & Cheese Empanadas**  
**Cheese Steak on Club Roll**  
Yogurt/Cheese Stick/Cinni Swirl

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

**PIZZA**

*Prima's Cheese Pizza Day!*  
**Assorted Lunchables**  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)  
  
Broccoli Salad, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**Hot Dog on Roll**  
**Mac & Cheese Bites**  
Yogurt/Cheese Stick/Mini Cinni

Baby Carrots, Baked Beans  
Mixed Fruit Cup, Fruit Juice  
Daily Milk Selection

**Meatball Sandwich**  
**Mini Cinnamon/Maple Cheese Bites**  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

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

**Breaded Ravioli w/ Pretzel Rod**  
**Ham and Cheese on Roll**  
Yogurt/Cheese Stick/Mini Cinnis

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

**Tangy Chicken w/Rice**  
**Sea Wonders w/ Roll**  
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Green Beans  
Cucumber Slices  
Apple Slices, Plum  
Daily Milk Selection

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

**Popcorn Chicken w/ Pretzel Rod**  
**Ramen Noodles w/egg & Roll**  
Yogurt/Cheese Stick/Mini Cinni

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

**French Toast w/Sausage**  
**Ham & Cheese Sandwich**  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Hashbrown, Veggie Juice  
Diced Pears, Mixed Fruit Cup  
Daily Milk Selection

**Sweet & Sour Meatballs w/Rice**  
**Cheese Steak Pinwheels**  
Yogurt/Cheese Stick/Mini Cinnis

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

**Buffalo Chicken & Cheese Empanadas**  
**Chicken Gravy Crunchers w/Biscuit**  
**Garden Salad w/Soft Pretzel**  
Yogurt/Cheese Stick/ Mini Cinnis

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

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

Steamed Broccoli, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**Stromboli**  
**Spaghetti w/Meatballs & Garlic Toast**  
Yogurt/Cheese Stick/Cinni Swirl

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](http://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!



# Kemblesville ELC Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

**Chocolate Muffin  
Yogurt**

Fruit Juice  
Banana  
Daily Milk Selection

TUESDAY

**Strawberry Pop  
Tart  
Cheese Stick**

Fruit Juice  
Sour Raisins  
Daily Milk Selection

WEDNESDAY

**Oatmeal  
Chocolate Chip  
Benefit Bar  
Yogurt**

Fruit Juice  
Craisins  
Daily Milk Selection

THURSDAY

**Banana Bread**

Fruit Juice  
Clementine  
Daily Milk Selection

FRIDAY

**Whole Grain  
Glazed Donut**

Fruit Juice  
Apple  
Daily Milk Selection

**Banana Muffin  
Yogurt**

Fruit Juice  
Banana  
Daily Milk Selection

**Mini Pancakes  
Cheese Stick**

Fruit Juice  
Sour Raisins  
Daily Milk Selection

**Cinnamon Toast  
Crunch Cereal Bar  
Yogurt**

Fruit Juice  
Craisins  
Daily Milk Selection

**Blueberry Bread**

Fruit Juice  
Clementine  
Daily Milk Selection

**Whole Grain  
Glazed Apple  
Donut**

Fruit Juice  
Apple  
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

**Excellence  
through  
Ingenuity**

