

# October

**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**

Daily Milk Selection includes:  
1% White Milk  
Non-Fat Chocolate Milk



**Bosco Sticks** **1**  
Ham & Cheese Sandwich  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

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

**Breaded Chicken Patty on Roll** **2**  
Grilled Cheese  
Yogurt/Cheese Stick/ Mini Cinnis

Tomato Soup, Baked Beans  
Sour Raisins, Fruit Juice  
Daily Milk Selection

**Walking Taco** **3**  
Egg & Cheese English Muffin w/Sausage  
Yogurt/Cheese Stick/ Mini Cinnis

Fiesta Black Beans,  
Lettuce/Tomato  
Apple Slice, Fruit Juice  
Daily Milk Selection

**Round Cheesy Pizza** **4**  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable /Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Smile Fries, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**Sausage & Cheese Pizza Bagel** **7**  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Baby Carrots, Veggie Juice  
Mixed Fruit Cup, Sour Raisins  
Daily Milk Selection

**Mac & Cheese w/Pretzel Rod** **8**  
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

**Cheese Omelet w/ Pancakes** **9**  
Rib B Que on Club Roll  
Yogurt/Cheese Stick/ Mini Cinnis

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

**Chicken Thigh & Drumstick w/ Garlic Knot** **10**  
Cheese Tortellini w/ Meat sauce & Garlic Knot  
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Corn, Veggie Juice  
Apple Slices, Mandarin Cup  
Daily Milk Selection

**1/2 Day No Lunches Served**

**No School Teacher Inservice**

**Chili Cheese Fritos** **15**  
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** **16**  
Lasagna Rollup w/Garlic Toast  
Yogurt/Cheese Stick/Mini Cinni

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

**Chicken Gravy Crunchers w/Biscuit** **17**  
Cheese Steak on Club Roll  
Yogurt/Cheese Stick/Cinni Swirl

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

**PIZZA** **18**  
*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** **21**  
Mac & Cheese Bites  
Yogurt/Cheese Stick/Mini Cinnis

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

**Meatball Sandwich** **22**  
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** **23**  
Ham and Cheese on Roll  
Yogurt/Cheese Stick/Mini Cinnis

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

**Tangy Chicken w/Rice** **24**  
Sea Wonders w/ Roll  
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Green Beans  
Cucumber Slices  
Apple Slices, Fruit Juice  
Daily Milk Selection

**Stuffed Crust Pizza** **25**  
Assorted Lunchables  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Chickpea Salad, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

**Popcorn Chicken w/Pretzel Rod** **28**  
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** **29**  
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** **30**  
Chef's Choice Hot Entree  
Yogurt/Cheese Stick/Mini Cinnis

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

**Bat Nuggets** **31**  
Garden Salad w/Soft Pretzel  
Yogurt/Cheese Stick/ Mini Cinnis

*\*Pumpkin Sugar Cookie \**  
Fiesta Black Beans  
Cucumber Slices  
Apple Slices, Fruit Juice  
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.

# October

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



## Kembsville ELC Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

**Chocolate Muffin  
Yogurt**

Fruit Juice  
Raisin  
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 Slices  
Daily Milk Selection

**Banana Muffin  
Yogurt**

Fruit Juice  
Raisin  
Daily Milk Selection

**Mini Pancakes  
Cheese Stick**

Fruit Juice  
Sour Raisins  
Daily Milk Selection

**Trix 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 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

