

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!



State Road Lunch Menu 2024

Lunch \$2.75 (4-8) AVON GROVE CHARTER SCHOOL
Lunch \$3.25 (9-12)

MONDAY

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



TUESDAY

1
Bosco Sticks
Chicken Veggie Dumplings w/Rice
Ham & Cheese Club
Diced Ham & Cheese/Soft Pretzel & Grapes Pack

Steamed Corn, Veggie Juice
Whole Apple, Mandarin Cup
Daily Milk Selection
Grandmom Cookies (9-12 only)

WEDNESDAY

2
Breaded Chicken Patty on Roll
Grilled Cheese
Yogurt/Cheese Stick/Mini Cinni
Chicken Wrap

Tomato Soup, Pickles
Sour Raisins, Fruit Juice
Daily Milk Selection

THURSDAY

3
Walking Taco
Egg & Cheese English Muffin w/or w/o Sausage
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Fiesta Black Beans, Lettuce/Tomato
Apple Slices w/PB, Fruit Juice
Daily Milk Selection
Goldfish Crackers (9-12 Only)

FRIDAY

4
French Bread Pizza
PBJ Uncrustable
Yogurt/Cheese Stick/Mini Cinni
Diced Ham & Cheese/Soft Pretzel & Grapes Pack

Crinkle Fries, Veggie Juice
Banana, Grapes
Daily Milk Selection

7
Southwest Chicken Eggroll w/Rice
Buttery Ranch Pierogies
Yogurt/Cheese Stick/Mini Cinni
Garden Salad w/ Soft Pretzel

Steamed Cauliflower w/Orange Sauce
Baby Carrots
Mixed Fruit Cup, Fruit Juice
Daily Milk Selection

8
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
Chex Mix (9-12 Only)

9
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

10
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
Scooby Snack (9-12 Only)

11
**1/2 Day
No Lunches
Served**

14
**No School
Teacher
Inservice**

15
Chili Cheese Fritos
Breaded Dill Chicken Sandwich
Ham & Cheese Club
Hard Boiled Egg/Diced Cheese/PB/Apples & Banana Bread Pack

Crinkle Fries, Pickles
Orange Wedges, Diced Peaches
Daily Milk Selection
Rice Krispie Treat (9-12 Only)

16
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

17
Chicken Gravy Crunchers w/Biscuit
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
Teddy Grahams (9-12 Only)

18
Stuffed Crust Pizza
PBJ Uncrustable
Yogurt/Cheese Stick/Mini Cinni
Diced Ham & Cheese/Soft Pretzel & Grapes Pack

Chickpea Salad, Veggie Juice
Banana, Grapes
Daily Milk Selection

21
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

22
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
Chat Snax (9-12 Only)

23
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

24
Tangy Chicken w/Rice
Fish Sticks w/ Roll
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

Steamed Cauliflower w/Cheese Sauce
Cucumber Slices
Apple Slices w/PB, Plum
Daily Milk Selection
Nutri Grain Bar (9-12 Only)

25
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

28
Popcorn Chicken w/ Fretzel Rod
Ramen Noodles w/egg & Roll
Yogurt/Cheese Stick/Mini Cinni
Garden Salad w/ Soft Pretzel

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

29
French Toast w/Sausage
Chicken Parmesan Sandwich
Ham & Cheese Club
Hard Boiled Egg/Diced Cheese/PB/Apples & Banana Bread Pack

Hashbrown, Veggie Juice
Whole Pear, Mixed Fruit Cup
Daily Milk Selection
Bug Bites (9-12 Only)

30
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

31
Bat Nuggets
Mozzarella Sticks w/ Marinara
PBJ Uncrustable
Garden Salad w/ Soft Pretzel

***Pumpkin Sugar Cookie ***

Fiesta Black Beans
Cucumber Slices
Apple Slices w/PB, 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 for online payments and Free/Reduced price meal application.

October

Breakfast is free for all students
during the 2023-2024 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

Fruit Juice
Clementine
Daily Milk Selection

Stuffed
Hashbrown
Assorted Pastries

Fruit Juice
Sour Raisins
Daily Milk Selection

Bagel w/cream
cheese or jelly
Assorted Muffins
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

Sausage & Cheese
Pizza Bagel
Assorted
Breakfast Bars
Cheese Stick
Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

Fruit & Yogurt
Parfait
Eggo French Toast

Fruit Juice
Banana
Apple Slices w/ PB
Daily Milk Selection

WEEK 2, 4

Bagel w/cream
cheese or jelly
Assorted Donuts

Fruit Juice
Clementine
Daily Milk Selection

Egg & Cheese Bites
Assorted Pastries

Fruit Juice
Sour Raisins
Daily Milk Selection

Bagel w/cream
cheese or jelly
Assorted Muffins
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

Sausage & Cheese
Pizza Bagel
Assorted
Breakfast Bars
Cheese Stick
Fruit Juice
Apple Slices w/ PB
Daily Milk Selection

Fruit & Yogurt
Parfait
Mini Pancakes

Fruit Juice
Banana
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

