

2024

OCTOBER

AVELLA ELEMENTARY LUNCH Student Lunch

Alternate Fridays

Monday Munch Box
Tuesday Deli Hoagie
Wednesday Make Your Own Pizza
Thursday Ham/ Cheese on a Pretzel Bun
Friday Cereal Box

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Monday Munch Box
Tuesday Deli Hoagie
Wednesday Make Your Own Pizza
Thursday Ham/ Cheese on a Pretzel Bun
Friday Cereal Box

1
Hot Dog
 Potato Wedges
 Fresh Veggies
 Fruit

2
Pasta and Meatballs
 Garlic Breadstick
 Side Salad
 Fruit

3
Breaded Chicken Tenders
 Dinner Roll
 Fries
 Fresh Veggies
 Fruit

4 **Wear Orange for Bullying Prevention Day!**
Individual Pizza Round
 Orange Carrots
 Fresh Veggies
 Fresh Oranges

7
Wacky Waffles
 Sausage/Tatar Tots
 Dragon Juice
 Fruit

8
Italian Combo
 Breaded Cheese Sticks, Breaded Ravioli and Marinara Sauce
 Seasoned Corn
 Fresh Veggies
 Fruit

9
Breaded Chicken Sandwich
 Green Beans
 Fresh Veggies
 Fruit

10
Walking Tacos
 Salsa
 Lettuce and Tomato Cup
 Fruit

11
Mac-n- Cheese
 Flat Bread
 Peas
 Fresh Veggies
 Fruit

14

Pirates Find your Treasure with National School Lunch Week!

15
Pirates Treasure Nachos
 Seasoned Beef/Cheese Sauce
 Tortilla Chips/ Corn
 Lettuce and Tomato/ Sour Cream/Fruit
PIRATE COIN

16
ARRR Cheeseburger
 Fries
 Fresh Veggies
 Fruit
RAINBOW OVER THE SEAS SHERBET

17
Golden Breaded Chicken Bites and Homemade Waffles
 Mashed Potatoes
 Fresh Veggies
 Fruit
PIRATE STICKER DAY

18
Sailor Big Daddy Cheese Pizza
 Jolly Green Sea Peas
 Fresh Veggies
 Fruit
LUCKY TRAY DAY

21
Breakfast for Lunch
 French Toast Sticks with Sausage
 Hash Browns
 Dragon Juice
 Fruit

22
Mini Corn Dogs
 Baked Beans
 Fresh Veggies
 Fruit

23
Pasta and Meatballs
 Garlic Breadstick
 Side Salad
 Fruit

24
BBQ Breaded Chicken and Mac-n- Cheese
 Mixed Veggies
 Fresh Veggies
 Fruit

25
Pepperoni Pizza Boat
 Broccoli
 Fresh Veggies
 Fruit

28
LUCKY TRAY DAY!
Yogurt and Soft Pretzel With Cheese
 Carrots
 Fresh Veggies
 Fruit

29
Grilled Cheese and Tomato Soup
 Fresh Veggies
 Fruit

30
Breaded Chicken Tenders
 Dinner Roll
 Sweet Peas
 Fresh Veggies
 Fruit

31
Happy Halloween
Boneyard Breaded Chicken Drumsticks
 Dinner Roll
 Freaky Fries
 Veggie Cup
 Candy Corn
 Fruit

Definition of a school lunch: A student must choose 3 of the 5 components offered (Meat/ Meat Alternate, Grains, Fruits, Veggies and Milk). Students MUST take ½ cup of either fruit or veggie.