

# NOVEMBER

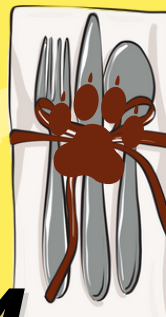
## What is a Lunch Meal?

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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

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.

Mini Pepperoni & Cheese Calzones  
PBJ Uncrustable  
Yogurt/Cheese Stick/Mini Cinni  
Diced Ham & Cheese/Soft Pretzel & Grapes Pack  
  
Steamed Broccoli, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

4  
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

5  
**No School Teacher Inservice**

6  
Breaded Chicken Patty on Roll  
Grilled Cheese  
Yogurt/Cheese Stick/Mini Cinni  
Chicken Wrap  
  
Tomato Soup, Pickles  
Sour Raisins, Fruit Juice  
Daily Milk Selection

7  
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)

8  
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

11  
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

12  
Turkey Shaped Nuggets w/Garlic Knot  
Mac & Cheese w/Pretzel Rod  
Ham & Cheese Club  
Hard Boiled Egg/DicedCheese/PB/Apples & Banana Bread Pack  
  
Mashed Potatoes, Cucumber Slices  
Whole Pear, Apple Sauce  
Daily Milk Selection  
Chex Mix (9-12 Only)

13  
Cheese Omelet w/ Pancakes  
Pulled Pork Sandwich  
Yogurt/Cheese Stick/Mini Cinni  
Chicken Wrap  
  
Steamed Green Beans, Celery Sticks  
Craisins, Fruit Juice  
Daily Milk Selection

14  
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)

**PIZZA 15**  
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

18  
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

19  
Chili Cheese Fritos  
Breaded Dill Chicken Sandwich  
Ham & Cheese Club  
Hard Boiled Egg/DicedCheese/PB/Apples & Banana Bread Pack  
  
Crinkle Fries, Pickles  
Orange Wedges, Diced Peaches  
Daily Milk Selection  
Rice Krispie Treat (9-12 Only)

20  
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

**\*Thanksgiving 21**  
**Turkey/Gravy/Potato Bowl\***  
PBJ Uncrustable  
Yogurt/Cheese Stick/Cinni Swirl  
Hard Boiled Egg/DicedCheese/PB/Apples & Banana Bread Pack  
  
Corn, Lettuce/Tomato  
Apple Slices w/PB, Mandarin Cup  
Daily Milk Selection  
Teddy Grahams - All grades

22  
Buffalo Chicken Pizza  
PBJ Uncrustable  
Yogurt/Cheese Stick/Mini Cinni  
Diced Ham & Cheese/Soft Pretzel & Grapes Pack  
  
Broccoli Salad, Veggie Juice  
Banana, Grapes  
Daily Milk Selection

25  
**1/2 Day  
No Lunches  
Served**

26  
**1/2 Day  
No Lunches  
Served**



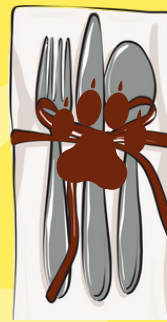
27  
**HAPPY Thanksgiving**



# NOVEMBER

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

T H A N K F U L



## State Road Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

### MONDAY

Bagel w/cream  
cheese or jelly  
Assorted Donuts

Fruit Juice  
Clementine  
Daily Milk Selection

### TUESDAY

Stuffed  
Hashbrown  
Assorted Pastries

Fruit Juice  
Sour Raisins  
Daily Milk Selection

### WEDNESDAY

Bagel w/cream  
cheese or jelly  
Assorted Muffins  
Yogurt

Fruit Juice  
Craisins  
Daily Milk Selection

### THURSDAY

Sausage & Cheese  
Pizza Bagel  
Assorted Breakfast  
Bars  
Cheese Stick

Fruit Juice  
Apple Slices w/ PB  
Daily Milk Selection

### FRIDAY

Fruit & Yogurt  
Parfait  
Eggo 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

