

DECEMBER

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

Lunch \$2.75

AVON GROVE CHARTER SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Hot Dog on Roll
Mac & Cheese Bites
Yogurt/Cheese Stick/Mini Cinnis

Veg Juice, Baked Beans
Mixed Fruit Cup, Sour Raisins
Daily Milk Selection

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

Smile Fries, Veg Juice
Diced Pears, Apple Sauce
Daily Milk Selection

4
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

5
Tangy Chicken w/Rice
Sea Wonders w/ Roll
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Broccoli
Cucumber Slices
Apple Slices, Plum
Daily Milk Selection

6
Stuffed Crust Pizza
Assorted Lunchables
Yogurt/Cheese Stick/Cinni Swirl
PBj Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Chickpea Salad, Lett/Tom Cup
Banana, Grapes
Daily Milk Selection

9
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

10
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

11
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

12
Buffalo Chicken & Cheese Empanadas
Garden Salad w/Soft Pretzel
Yogurt/Cheese Stick/ Mini Cinnis

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

13
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

16
Stromboli
Spaghetti w/Meatballs & Garlic Toast
Yogurt/Cheese Stick/ Mini Cinnis

Steamed Broccoli
Baby Carrots
Strawberry Wiggles, Diced Pears
Daily Milk Selection

17
Bosco Sticks
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

18
Holiday Nuggets w/ Roll
Grilled Cheese
Yogurt/Cheese Stick/ Mini Cinnis

Sugar Cookie Trees

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

19
Walking Taco
Egg & Cheese English Muffin w/Sausage
Yogurt/Cheese Stick/ Mini Cinnis

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

20
1/2 Day
No Lunches
Served



24

Merry Christmas

25

26



27

30



31

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.

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



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

DECEMBER

Kemblesville ELC Breakfast Menu 2024

AVON GROVE CHARTER SCHOOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
Chef's Choice
Yogurt

Fruit Juice
Raisin
Daily Milk Selection

3
Strawberry Pop
Tart
Cheese Stick

Fruit Juice
Sour Raisins
Daily Milk Selection

4
Oatmeal
Chocolate Chip
Benefit Bar

Fruit Juice
Craisins
Daily Milk Selection

5
Banana Bread

Fruit Juice
Clementine
Daily Milk Selection

6
Whole Grain
Glazed Donut

Fruit Juice
Apple Slices
Daily Milk Selection

9
Banana Muffin
Yogurt

Fruit Juice
Raisin
Daily Milk Selection

10
Mini Pancakes
Cheese Stick

Fruit Juice
Sour Raisins
Daily Milk Selection

11
Trix Cereal Bar
Yogurt

Fruit Juice
Craisins
Daily Milk Selection

12
Blueberry Bread

Fruit Juice
Clementine
Daily Milk Selection

13
Whole Grain
Glazed Apple
Donut

Fruit Juice
Apple Slices
Daily Milk Selection

16
Chocolate Muffin
Yogurt

Fruit Juice
Raisin
Daily Milk Selection

17
Strawberry Pop
Tart
Cheese Stick

Fruit Juice
Sour Raisins
Daily Milk Selection

18
Oatmeal
Chocolate Chip
Benefit Bar

Fruit Juice
Craisins
Daily Milk Selection

19
Banana Bread

Fruit Juice
Clementine
Daily Milk Selection

20
Whole Grain
Glazed 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

FROSTY GETS CAUGHT
PICKING HIS NOSE



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Chad Carpenter
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Q: What do
snowmen eat for
breakfast?

A: Frosted Flakes
or Ice Crispies.



momstheboys.com