



Avonworth School District

# PRIMARY / ELEMENTARY

FEBRUARY 2025

## LUNCH MENU

This institution is an equal opportunity provider and employer.

Melissa Schad, Food Service Director  
mschad@avonworth.k12.pa.us  
412-366-6360 x1612



Eat Right, Future Bright!

Menu Subject to Change

See the District Website for additional info.

### BREAKFAST MENU

**BREAKFAST IS FREE TO ALL STUDENTS!**

#### Featured Breakfast Offerings:

**Monday:** (2) Early Risers  
Egg & Cheese Stuffed Hash Browns

**Tuesday:** Chicken Sausage Biscuit

**Wednesday:** (2) Starbucks-Style Triple Cheese Egg Bites

**Thursday:** Breakfast Pizza

**Friday:** Toasted Bagel w/ Cream Cheese

In addition to the daily offering, the following alternate choices are available daily for breakfast

Students may choose the daily feature or (1) item from the list below in addition to fruit and/or juice and milk for a complete breakfast.

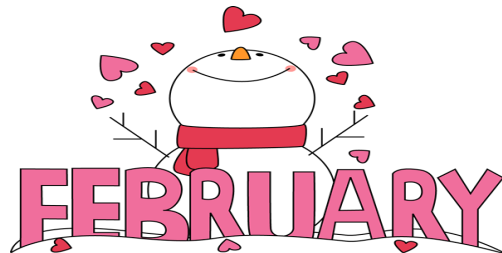
- Large Cereal Cup
- Whole Grain Muffin
- Whole Grain Pop Tart
- Whole Grain Cinnamon Roll
- Whole Grain Donut
- Benefit Bar
- Sweet Bread



The My Plate Portable Entrée Selection provides a great grab-n-go option for the students! Students may also choose a fruit, a milk and up to (2) veggies!


Free and Reduced Applications are available in the school offices, on the district website or at [www.compass.state.pa.us](http://www.compass.state.pa.us). They should be completed and returned to the school office or mailed to:  
Melissa Schad, 258 Josephs Lane, Pittsburgh, PA 15237

Free & reduced applications are available for submission during the entire school year to account for any changes to your economic status.



### Be Heart Smart!

February isn't just about celebrating love; it's also a powerful reminder to prioritize the health of our hearts! Since 1964, thanks to President Lyndon B. Johnson's proclamation, we've celebrated February as American Heart Month—a time dedicated to spotlighting heart health and the vital steps we can take to safeguard our hearts. How can you share the importance of heart health with your kids? Encourage them to embrace daily veggies, opt for whole grains and enjoy the kinds of physical activities that make their hearts sing! Be a heart savvy snacker and focus on wholesome choices that fuel both body and mind. Choose lower-sugar drinks like infused water or unsweetened teas. Consider pairing crunchy options like apples or celery with hummus or nut butter. Simple swaps like whole-grain toast or a fruit smoothie can pack a powerful nutrient punch!

	February 3	February 4	February 5	February 6	February 7
<b>Main Entrée</b> (Select 0 or 1)	<b>Did Punxsutawney Phil see his shadow??</b> Chicken Nuggets w/ Goldfish Crackers	Macaroni & Cheese w/ Garlic Breadstick	Toasty Grilled Cheese Sandwich	<b>Breakfast 4 Lunch!</b> Pancakes, Yogurt Cup & Sausage	<b>Super Bowl LIX Party!</b> Big Daddy's Cheese Pizza 
<b>My Plate Portable</b> (Select 0 or 1)	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt Cup	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Italian Hoagie	Entrée Salad w/ Egg & Cheese Served with Sweet Bread	Buffalo Chicken Dip & Tortilla Chips
<b>Veggie Choice</b> (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar
<b>Fruit Choice</b> (Select 0 or 1)	Fresh Orange Canned Pears Raisins Applesauce	Fresh Orange Canned Pears Raisins Applesauce 100% Fruit Juice	Fresh Orange Canned Pears Raisins Applesauce	Fresh Orange Canned Pears Raisins Applesauce	Fresh Orange Canned Pears Raisins Applesauce Frozen Fruit Juice Cup
<b>Milk Choice</b> (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

**Meal/Snack Prices**

Student Breakfast	FREE
Adult Breakfast	\$2.40
Paid Lunch	\$3.15
Reduced Lunch	FREE
Adult Lunch	\$4.75
Milk	\$.80
Bottled Water—Large	\$1.00
Bottled Water—Small	\$.60

	February 10	February 11	February 12	February 13	February 14
<i>Main Entrée (Select 0 or 1)</i>	Cheeseburger on a Bun	Crispy Chicken on a Bun Add Kickin Chicken Sauce or BBQ Sauce	<b>Try Something New Day!</b> Chicken Noodle Soup w/ Breadstick	Stuffed Crust Pizza	♥ Valentine's Day Chicken Tenders w/ <b>Heart Shaped Soft Pretzel</b>
<i>My Plate Portable (Select 0 or 1)</i>	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Make Your Own Pizza Flatbread Wedges, Shredded Cheese & Marinara Cup	Tortilla Chips with Cheese Dip & Salsa	Grilled Chicken Salad w/ Snack Crackers	Yogurt, <b>Heart Shaped Soft Pretzel</b> & String Cheese
<i>Veggie Choice (Select 0, 1 or 2)</i>	French Fries Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Baked Beans	Baby Carrots Romaine Salad Sliced Cucumbers
<i>Fruit Choice (Select 0 or 1)</i>	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Peaches Dried Cherries Applesauce 100% Fruit Juice	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Peaches Dried Cherries Applesauce <b>Frozen Fruit Juice</b>
<i>Milk Choice (Select 0 or 1)</i>	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate <b>Strawberry Milk</b>
	February 17	February 18	February 19	February 20	February 21
<i>Main Entrée (Select 0 or 1)</i>	<b>NO SCHOOL</b>	<b>Breakfast 4 Lunch!</b> French Toast Sticks w/ Sausage Patty & Yogurt cup	Taco in a Bag w/ Taco Seasoned Beef, Lettuce & Cheese	<b>Happy Birthday Day! Birthday Treat</b> Chicken Smackers w/ Brown Rice & General Tso Dipping Sauce	<b>Friday Fun Day!</b> Pizza Slice
<i>My Plate Portable (Select 0 or 1)</i>		Italian Hoagie	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Entrée Salad w/ Egg & Cheese Served with Sweet Bread	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt Cup
<i>Veggie Choice (Select 0, 1 or 2)</i>		Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Refried Beans	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers
<i>Fruit Choice (Select 0 or 1)</i>		Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice
<i>Milk Choice (Select 0 or 1)</i>		1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

**Happy Valentine's Day!**

Did you know that Valentine's Day originated from ancient Roman traditions? It was a festival that paired young individuals. Valentine's Day provides an opportunity for families to emphasize emotional well-being and the importance of nurturing relationships. As parents and caregivers, we can use this occasion to teach our children about healthy expressions of love and affection, emphasizing gestures like kind words, acts of service and spending quality time together. By understanding its historical roots, we can appreciate Valentine's Day not just as a commercial holiday, but as a meaningful reminder to prioritize social-emotional health, connection, and putting more love and kindness out into the world!

This institution is an equal opportunity provider and employer.

**Menu Subject to Change**  
See the District Website for additional info.

**CAFETERIA PAYMENT PROCEDURES**

Enrolled students will automatically have a cafeteria account. This account can be accessed using the student's last name or student ID#. APC/AES students will be issued an ID card on a lanyard to be used for meal purchases. Cafeteria staff will access the barcode on their ID card using a handheld scanner. Parents may fund their student's cafeteria account by using the **My School Bucks** on-line payment system (a fee is charged for this service) or by sending payment with their student. Prepayments are accepted any day and for any amount. Checks are the preferred method of payment and will act as your receipt. Please include student name and/or ID number on the check made payable to the **Avonworth Cafeteria Fund**. Students may purchase breakfast, lunch and extras using the money in their cafeteria account. Students with a zero or negative balance in their cafeteria account will not be denied a meal but will not be permitted to purchase "extras". Please be aware that balances are carried over each year and from one school to another.

For more info see, "**Avonworth School Meal Payment/Charge Procedures**" on the District Website Nutrition Services Page.





## FEBRUARY— MUSHROOMS



**Our program sources local produce when available!**

There are three parts to a mushroom—a cap, gills and a stem. Mushrooms come in thousands of different varieties. Some of the most common are button, cremini, shitake, oyster and portabella. Mushrooms are grown in sterile environments in “growing houses”. They also grow in the wild. Some wild mushrooms are toxic so it’s best to purchase mushrooms commercially rather than to pick your own.

	February 24	February 25	February 26	February 27	February 28
<b>Main Entrée</b> (Select 0 or 1) 	<b>Cultural Connection</b> Breaded Chicken Drumstick w/ Hoppin’ John (black-eyed peas & rice) w/ Cornbread	<b>Breakfast 4 Lunch!</b> Waffle w/ Yogurt Cup & Sausage Patty	Melty Turkey & Cheese Pretzel	<b>Lucky Tray Day!</b> <b>Try Something New!</b> Chicken Alfredo Pasta w/ Breadstick	Big Daddy’s Cheese Pizza
<b>My Plate Portable</b> (Select 0 or 1)	Smucker’s Uncrustable w/ Grahams & Yogurt Cup	Make Your Own Pizza Flatbread Wedges, Shredded Cheese & Marinara Cup	Tortilla Chips with Cheese Dip & Salsa	Yogurt, Benefit Bar & String Cheese	Grilled Chicken Salad w/ Snack Crackers
<b>Veggie Choice</b> (Select 0, 1 or 2) 	Baby Carrots Romaine Salad Sliced Cucumbers Baked Beans Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Steak Fries Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Marinated Mushrooms
<b>Fruit Choice</b> (Select 0 or 1)	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice
<b>Milk Choice</b> (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate



## CULTURAL CONNECTIONS

Encouraging our students to learn and explore different cultural food and food traditions can help them to develop empathy, respect and communication skills. This knowledge helps to promote understanding and inspires them to form their sense of identity and belonging by seeing the ways they are the same and different from others.

## FEBRUARY HIGHLIGHT: CELEBRATE BLACK HISTORY MONTH



### Did you know?

- Gullah Geechee foodways is one of the oldest practices and traditions that’s still being practiced in America today. At its foundation, slavery and the foodways are deeply rooted in cultural West African ancestral ties, as well as adaptability, creativity and circumstance. The meals were and still are designed to be hearty and provide the necessary sustenance and strength to get one through a physically difficult day.
- Black history has significantly influenced Cajun cuisine, particularly through the introduction of key ingredients like okra, which is central to the dish "gumbo," a direct adaptation of a West African stew, and the overall use of spices and cooking techniques brought by enslaved Africans to the region, shaping the rich flavors of Cajun food today
- Black history has profoundly influenced Caribbean cuisine through the introduction of key ingredients like okra, callaloo, plantains, yams, pigeon peas, and cooking techniques from West Africa, which enslaved Africans brought with them, adapting them to the local Caribbean environment, resulting in dishes like rice and peas, cou-cou, mofongo, and callaloo soup, now considered staples across the region; essentially, the foundation of Caribbean cuisine is deeply rooted in African culinary traditions.

**Menu Subject to Change**

See the District Website for additional info.