



Avonworth School District

MIDDLE/HIGH SCHOOL MENU

FEBRUARY 2025

This institution is an equal opportunity provider and employer.

Melissa Schad, Food Service Director
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412-366-6360 x1612

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



Eat Right, Future Bright!

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 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

LUNCH MENU

**ENTRÉES AVAILABLE DAILY—
FRUIT, VEGETABLE & MILK SELECTIONS ARE INCLUDED IN MEAL PRICE**

Italian Hoagie \$3.25	Uncrustable \$3.25	Premium Breaded or Spicy Breaded Chicken Sandwiches \$3.75	Tortilla Chips w/ hummus, cheese dip and salsa cup \$3.25	Breakfast Bundle cereal cup, yogurt & hard cooked egg \$3.25	Grilled, Breaded, Spicy or Salad of the Month Chicken Salad w/ Grain \$3.75
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**WEEKLY SCHEDULE OF GRAB-N-GO ENTREES
FRUIT, VEGETABLE & MILK SELECTIONS ARE INCLUDED IN MEAL PRICE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Provide menu feedback, ideas and suggestions! Send to: MSCHAD@ Avonworth.k12.pa.us	Cheeseburger \$3.25	Bacon, Egg & Cheese Croissant Sandwich \$3.25	Grilled Cheese Sandwich \$3.25	BBQ Rib Sandwich \$3.25	Fish Sandwich \$3.25
	Chicken Nuggets Goldfish Crackers \$3.25	Mini Corn Dogs \$3.25	Chicken Strips Goldfish Crackers \$3.25	Mozzarella Cheese Sticks w/ Marinara \$3.25	“Pop-up” Pressed Sandwich Selection

	February 3	February 4	February 5	February 6	February 7
Entrée (Select 0 or 1) 	Did Punxsutawney Phil see his shadow?? Apple Cinnamon Texas Toast, Sausage Patty & Yogurt (\$3.25)	Nacho Chips w/ Seasoned Beef & Cheese Sauce (\$3.25)	Chicken Meatball & Mozzarella Hoagie (\$3.25) Toasted Ravioli w/ Dipping Sauce (\$3.25)	Popcorn Chicken, Mashed Potato & Gravy Bowl w/ Roll (\$3.25) 	Get Ready for Super Bowl LIX Big Daddy's Pizza (\$3.25) Spinach, Tomato & Feta Pizza (\$3.75)
Vegetable Options (Select 0, 1 or 2)	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	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar
Fruit AMS (Select 0 or 1) AHS (Select 0, 1 or 2) Juice -limit 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 100% Fruit Juice
Milk Choice (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

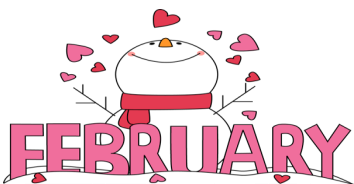


Meal Prices

Paid Breakfast	FREE
Reduced Breakfast	FREE
Adult Breakfast	\$2.40
Paid Lunch	\$3.25
Premium Lunch	\$ 3.75
Reduced Lunch	FREE
Adult Lunch	\$4.75
Milk	\$.80

	February 10	February 11	February 12	February 13	February 14
Entrée <i>(Select 0 or 1)</i>	French Toast Sticks with Yogurt Cup & Sausage Patty (\$3.25)	Scratch Made Chicken Tikka Masala over Rice w/Dinner Roll (\$3.25)	Ham & Cheese Panini (\$3.25)	Swedish Meatball, Mashed Potato & Gravy Bowl w/ Fresh Baked Roll (\$3.25)	Valentine's Day Twisted Breadsticks & Dipping Sauce (\$3.75) LR100033 Buffalo Chicken Pizza (\$3.75)
Vegetable Options <i>(Select 0, 1 or 2)</i>	Baby Carrots Romaine Salad Sliced Cucumbers Fava Beans Crisps Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Fava Beans Crisps Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Fava Beans Crisps Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Fava Beans Crisps Street Corn Salad	Baby Carrots Romaine Salad Sliced Cucumbers Fava Beans Crisps Street Corn Salad
Fruit <i>AMS (Select 0 or 1)</i> <i>AHS (Select 0,1 or 2)</i> <i>Juice -limit 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 100% Fruit Juice
Milk Choice <i>(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

	February 17	February 18	February 19	February 20	February 21
Entrée <i>(Select 0 or 1)</i>	NO SCHOOL	Sweet & Sour Chicken over Rice w/Egg Roll (\$3.75)	Cheesy Pull Apart w/ Marinara Cup (\$3.25)	Scratch Made Sloppy Joe on a Bun w/Twist Fries (\$3.25)	Big Daddy's Pizza (\$3.25) Quesadilla Pizza (\$3.75)
Vegetable Options <i>(Select 0, 1 or 2)</i>		Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad	Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad
Fruit <i>AMS (Select 0 or 1)</i> <i>AHS (Select 0,1 or 2)</i> <i>Juice -limit 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
Milk Choice <i>(Select 0 or 1)</i>		1% White, Fat Free Vanilla or Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate



What is My School Bucks?

My School Bucks is an online payment service that provides parents the ability to securely pay for meals, monitor student cafeteria purchases and receive email notifications for low account balances.

How do I Enroll? Go to www.myschoolbucks.com and register for your free account. Add your students using their school name and student ID. Make a payment, only if you wish, using your credit/debit card or electronic check. (A program fee applies)
Customer Support Line



Menu Subject to Change

See the District Website for additional info.

FREE/REDUCED MEAL APPLICATIONS

Free and Reduced Applications are available in the school offices, on the district website or at 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

Attention Parents! State funding will continue to provide FREE BREAKFAST for ALL students through the 2023-24 School Year. State funding will also provide free lunch to students eligible for reduced –priced meals. Students not eligible for free/reduced priced meals will be required to pay full price for lunch.

A new free/reduced meal application must be submitted every year, even if your child was eligible last year. (Exception) If your household received a Letter of Direct Certification, you do not need to complete an application and your child is automatically eligible.

If your child was eligible for free/reduced meals in the 2022-23 SY, you have until October 4th to submit a new application. If your child was not eligible in the 2022-23 SY, you must submit an application prior to the first day of school or your child will be charged full price for meals and you will be responsible for these charges.

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



FEBRUARY— MUSHROOMS





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.

Our program sources local produce when available!



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	February 24	February 25	February 26	February 27	February 28
Entrée (Select 0 or 1)	Cultural Connection Breaded Chicken Drumstick w/ Hoppin’ John (black-eyed peas & rice) w/ Cornbread (\$3.25) 	Hot Dog on a Bun w/ Smile Fries (\$3.25)	Nacho Cheese Doritos w/ Seasoned Beef, Shredded Lettuce & Cheddar (\$3.25)	Try Something New! Cajun Chicken Alfredo Pasta & a Breadstick (\$3.25)	Stuffed Crust Pizza (\$3.25) Chicken Cheesesteak Pizza (\$3.75)
Vegetable Options (Select 0, 1 or 2) 	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar Marinated Mushrooms	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar Marinated Mushrooms
Fruit AMS (Select 0 or 1) AHS (Select 0, 1 or 2) Juice -limit 1	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice	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
Milk Choice (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.