



This institution is an equal opportunity provider and employer.

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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: Not offered for NSBW

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. 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.



“ You’re never too old, too wacky, too wild, to pick up a book and read with a child.”

CLUE IN TO SCHOOL BREAKFAST

IS THE THEME FOR NSBW 2025

CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK ~MARCH 3-7

Celebrates the importance of a nutritious school breakfast in fueling students for success. Children that eat breakfast are more likely to... have better concentration & memory, score higher on standardized tests, have better attendance rates, be more alert and maintain a healthy weight. These special items will be offered in addition to our grab-n-go options this week only!

	Secret Spy Sausage Breakfast Pizza Bagel	Evidence Bag Energy Balls made w/ oats, dates, mini chocolate chips & Voyage 9 allergen free seed butter	Sherlock Holmes Strawberries & Cream Chia Pudding	Detective Dutch Waffle w/ Warm Fruit Topping	Private Eye Popcorn Chicken & Waffles
	March 3	March 4	March 5	March 6	March 7
Main Entrée (Select 0 or 1)	CELEBRATE DR. SEUSS' BIRTHDAY! Hop on Pop-corn Chicken <i>One Fish, Two Fish</i> Goldfish Crackers	MARDI GRAS! Apple Cinnamon Texas Toast w/ Sausage Patty & Yogurt Cup	Macaroni & Cheese w/ Garlic Breadstick	Mini Corn Dogs	French Bread Pizza
My Plate Portable (Select 0 or 1)	<i>Yertles</i> Yogurt & Strawberries w/ <i>Schlopp</i> on Top <i>Jungle of Nool Nana</i> Bread	Entrée Salad w/ Egg & Cheese Served with Sweet Bread	Italian Hoagie	Tortilla Chips, Cheese Dip and Salsa	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt Cup
Veggie Choice (Select 0, 1 or 2)	<i>Grinch's</i> Green Salad <i>Cat in the Hat</i> Carrots <i>Yummer Zummer</i> Cucumbers <i>Bezzelnut</i> Bean Salad	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers	Wedge Fries Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers
Fruit Choice (Select 0 or 1)	<i>Aunt Annie's</i> Apple Slices <i>Mish Mash</i> Mandarin Oranges <i>Zizzer-zizzer zuzz Dried Cherries for you!</i> <i>Truffula</i> Frozen Juice Cup <i>Lorax</i> Rainbow Applesauce	Apple Slices Mandarin Oranges Dried Cherries Applesauce Mardi Gras Fruit Cup	Apple Slices Mandarin Oranges Dried Cherries Applesauce	Apple Slices Mandarin Oranges Dried Cherries Applesauce	Apple Slices Mandarin Oranges Dried Cherries Applesauce 100% Fruit Juice
Milk Choice (Select 0 or 1)	<i>Moose Juice</i> 1% White or <i>Goose Juice</i> FF Chocolate <i>Pink Yink Ink Drink</i> Straw	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

	March 10	March 11	March 12	March 13	March 14
Main Entrée (Select 0 or 1)	Hot Dog on a Bun	Johnny Appleseed Day Mozzarella Cheese Sticks w/ Marinara	(3) Saucy Chicken Meatballs w/ Garlic Knott	Popcorn Chicken w/ Goldfish Crackers	PI Day! Mini Pizza Bagels
My Plate Portable (Select 0 or 1)	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Grilled Chicken Salad w/ Snack Crackers	Tortilla Chips with Cheese Dip & Salsa	Pizza Kit w/ Flatbread Wedges, Shredded Cheese & Marinara Cup	Yogurt, Benefit Bar & String Cheese
Veggie Choice (Select 0, 1 or 2)	French Fries Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad	Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad	Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad	Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad
Fruit Choice (Select 0 or 1)	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce	Fresh Apple Fruit Cocktail Dried Apples Applesauce 100% Fruit Juice	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce 100% Fruit Juice	Crustless Fruit Pie Fruit Cocktail Dried Cranberries Applesauce
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

	March 17	March 18	March 19	March 20	March 21
Main Entrée (Select 0 or 1)	St. Patrick's Day! Go For the Greens Day! Chicken Fries w/ Shamrock Shaped Soft Pretzel	Tortilla Chips w/ Taco Seasoned Beef & Cheese Sauce	Toasty Grilled Cheese Sandwich	First Day of Spring! Confetti Pancakes, Yogurt Cup & Sausage Lucky Tray Day!	Big Daddy's Cheese Pizza
My Plate Portable (Select 0 or 1)	Tortilla Chips, String Cheese & Hummus Cup	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Italian Hoagie	Spring Mix Salad w/ Strawberries, Grilled Chicken & Roll	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt Cup
Veggie Choice (Select 0, 1 or 2)	Green Veggie Selections! Celery ~ Broccoli ~ Romaine ~ 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
Fruit Choice (Select 0 or 1)	Green Fruit Selections! Apples ~ Grapes ~ Honeydew ~ Kiwi ~ Frozen Juice Cup	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

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.

The Story of Johnny Appleseed



March 11th is National Johnny Appleseed Day.

His real name was John Chapman and he was born in 1774. We remember him as a man who made apple (and pear) trees bloom across the nation. He worked his way steadily into the frontier of West Virginia, Ohio, and Indiana and eventually, became known as Johnny Appleseed. He went as far west as Illinois and Iowa and as far north as Michigan and Wisconsin.

Often shoeless, he traveled mostly by foot and sometimes by horseback or canoe. His appearance was nearly as noteworthy as his accomplishments, but so was his kindness. Farmers and frontier folk always found a place at the table if Johnny Appleseed came visiting.²

Celebrate Johnny Appleseed Day:

- Check out a Johnny Appleseed book from your school or public library.
- Visit a local orchard or garden store to learn about the trees that live and thrive in your area and maybe plant a fruit tree.
- Eat your favorite tree fruit – it doesn't have to be an apple! Johnny Appleseed planted several varieties of fruit trees. Tree fruits that are in season in March include avocados, kumquats, lemons, limes, oranges, mandarins, and pomelos.



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MARCH DAIRY PRODUCTS



Our program sources local produce when available!

DID YOU KNOW?

-There are over 2000 varieties of cheese.

-The average cow produces over 8 gallons of milk per day. That's more than 100 glasses of milk!



-Pennsylvania ranks 7th in the U.S. in total milk production, with 500,000 cows producing more than 10.2 billion pounds of milk annually.

-Yogurt provides probiotics, or good bacteria, that may help maintain digestive health

-It takes 10 pounds of milk to make 1 pound of cheese

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	March 24	March 25	March 26	March 27	March 28
Main Entrée (Select 0 or 1)	Cheeseburger on a Bun	Try Something New! Swedish Meatballs over Rotini w/ Breadstick	Happy Birthday Treat! (3) Mrs. T's Pierogies w/ Cheesy Breadstick 	Chicken Tenders w/ Goldfish Crackers	Cultural Connections Stuffed Crust Pizza 
My Plate Portable (Select 0 or 1)	Smucker's Uncrustable w/ Grahams & Yogurt Cup	Pizza Kit w/ Flatbread Wedges, Shredded Cheese & Marinara Cup	Tortilla Chips with Cheese Dip & Salsa	Yogurt, Benefit Bar & String Cheese	Greek Orzo Salad w/ Chicken & Pita Chips (Romaine, orzo, olives, red onions, cucumbers, tomatoes & herbs-feta vinaigrette)
Veggie Choice (Select 0, 1 or 2)	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
Fruit Choice (Select 0 or 1)	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 (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.

MARCH HIGHLIGHT: CELEBRATE GREEK AMERICAN HERITAGE MONTH

Greek American Heritage Month, also known as Hellenic Heritage Month, takes place in March. The commemoration of Greek American history is on March 25, the same day as Greece's National Greek Independence Day. In the late 1800s, a large number of Greeks immigrated to the United States, and now, over 2.5 million Americans are of Greek origin. Humanism, the pursuit of knowledge, arts, and civic responsibility are examples of Hellenism, which is the imitation of ancient Greek culture. Across the United States, organizations are working to preserve and educate others about the contributions of the Greek language and culture.

DID YOU KNOW?

-Olive oil plays a key role in Greek food. Greeks take pride in the fact that their ancestors were, most likely, the first people to plant olive trees in the Mediterranean region, including France, Italy and Spain. Greek cooking utilizes olive oil in just about everything! Olive oil adds a rich flavor to their meals.

-Greek people, on the whole, eat very little meat and a lot of vegetables.

-Food is part of the Greek lifestyle and families take time to savor their meals. The primary meal is eaten around 2 p.m. with dinner occurring around 9 p.m. or later!