



MIDDLE/HIGH SCHOOL MENU

MARCH 2025

LUNCH MENU



Eat Right, Future Bright!

This institution is an equal opportunity provider and employer.

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

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 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



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

| | | | | | | |
|--------------------------|--|--|---|--|---|--|
| Italian Hoagie \$3.25 | | Cultural Connection Salad of the Month Greek Orzo Salad /Chicken & Feta Dressing \$3.75 | 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, or Spicy Salad w/ Grain \$3.75 |
| Uncrustable \$3.25 | | | | | | |

WEEKLY SCHEDULE OF GRAB-N-GO ENTRÉES FRUIT, VEGETABLE & MILK SELECTIONS ARE INCLUDED IN MEAL PRICE

| Provide menu feedback, ideas and suggestions! Send to: MSCHAD@ Avonworth.k12.pa.us | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|---|
| | 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 |

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 |
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| | March 3 | March 4 | March 5 | March 6 | March 7 |
|--|----------------|----------------|----------------|----------------|----------------|

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|----------------------------------|--|--|--------------------------------------|---|--|
| Entrée (Select 0 or 1) | General Tso Chicken over Rice w/ (3) Veggie Pot Stickers (\$3.75) | MARDI GRAS! French Toast Sticks with Yogurt Cup & Sausage Patty (\$3.25) | BBQ Pulled Pork Sandwich (\$3.25) | Nashville Hot Chicken Chunks w/ Side of Mac & Cheese & Pickle Chips (\$3.75) | Cheesy French Bread Pizza (\$3.25) Fiestada Pizza (\$3.75) |
| | | | | Macaroni & Cheese w/ Garlic Breadstick (\$3.25) | |




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|--|---|---|---|---|---|
| Vegetable Options (Select 0, 1 or 2) | 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 | Baby Carrots Romaine Salad Sliced Cucumbers Corn & Edamame Salad |
|--|---|---|---|---|---|

| | | | | | |
|---|--|--|--|--|--|
| Fruit AMS (Select 0 or 1) AHS (Select 0, 1 or 2) Juice -limit 1 | Apple Slices Mandarin Oranges Dried Cherries Applesauce 100% Fruit Juice | 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 |
|---|--|--|--|--|--|

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|---------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 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 |

| | March 10 | March 11 | March 12 | March 13 | March 14 |
|---|---|--|--|--|---|
| Entrée (Select 0 or 1) | Chicken & Waffle Chicken Drumstick & Waffle (\$3.25) | Stuffed Pasta & Garlic Bread (\$3.25) | Buffalo Chicken Dip & Tortilla Chips (\$3.25) | Mrs. T's Pierogi w/ Sautéed Onions (\$3.75) | PI Day! Twisted Breadsticks & Dipping Sauce (\$3.75) BBQ Chicken Pizza (\$3.75) |
| Vegetable Options (Select 0, 1 or 2) | Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad Street Corn Salad | Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad Street Corn Salad | Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad Street Corn Salad | Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad Street Corn Salad | Baby Carrots Romaine Salad Sliced Cucumbers Chickpea Salad 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 Grapes Fruit Cocktail Dried Cranberries Applesauce | Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce 100% Fruit Juice | Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce | Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce | Crustless Fruit Pie Fruit Cocktail Dried Cranberries 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 |
| | March 17 | March 18 | March 19 | March 20 | March 21 |
| Entrée (Select 0 or 1) | St. Patrick's Day! Go For the Greens Day! Popcorn Chicken, Mashed Potato & Gravy Bowl w/ Roll (\$3.25)  | Nacho Chips w/ Seasoned Beef & Cheese Sauce (\$3.25) | Chicken Meatball & Mozzarella Hoagie (\$3.25) |  First Day of Spring! Apple Cinnamon Texas Toast, Sausage Patty & Yogurt (\$3.25) Or Spring Mix Salad w/ Strawberries, Grilled Chicken & Roll  | Big Daddy's Pizza (\$3.25) Spinach, Tomato & Feta Pizza (\$3.75) |
| Vegetable Options (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 <i>AMS (Select 0 or 1)</i> <i>AHS (Select 0,1 or 2)</i> <i>Juice -limit 1</i> | 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 |



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
1-855-832-5226



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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.



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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See the District Website for additional info.

| | March 24 | March 25 | March 26 | March 27 | March 28 |
|--|---|---|---|---|---|
| Entrée (Select 0 or 1) | 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) | Twisted Breadsticks & Dipping Sauce (\$3.75) Buffalo Chicken Pizza (\$3.75) |
| Vegetable Options (Select 0, 1 or 2) | 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 (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!