

Avalon Menu

May 2025

Farm to School



ITEMS OF THE MONTH:

**CHERRIES, PEACHES,
ORGANIC BLUEBERRIES &
STRAWBERRIES**

Key



House-Made



Vegetarian Entrees



Vegan Entrees

All fruits, fresh vegetables, & cereals are vegan.



Contains Pork



All grains are whole-grain rich

Except cinnamon roll



New Item

*MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.



Scan QR code for more menu information.

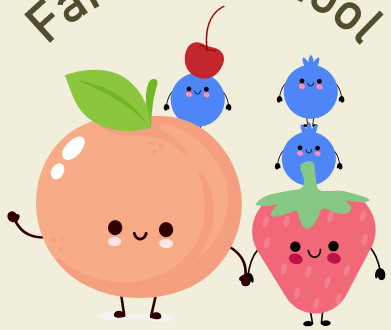


MON	TUE	WED	THU	FRI
<p>OFFERED DAILY</p> <p>BREAKFAST:</p> <ul style="list-style-type: none"> Fruit Whole Grain Cereals Yogurt with Granola String Cheese 100% Fruit Juice Low-Fat White Milk Nonfat Chocolate Milk 	<p>OFFERED DAILY</p> <p>LUNCH:</p> <ul style="list-style-type: none"> Yogurt with Granola Low-Fat White Milk Nonfat Chocolate Milk Fruits & Vegetables Grades 6-12 only: 100% Fruit Juice 	<p>SPECIAL EVENTS</p> <p>May 2: May the 4th Be With You</p> <p>May 5: Cinco de Mayo</p>	<p>BREAKFAST 1</p> <p>Pan Dulce Concha</p> <p>PB&J Sandwich</p> <p>LUNCH</p> <p>Teriyaki Chicken w/Rice</p> <p>Cheesy Breadsticks w/Marinara</p> <p>Cheeseburger/Hamburger</p>	<p>BREAKFAST 2</p> <p>House-Baked Cinnamon Roll</p> <p>Egg & Cheese Biscuit Sandwich</p> <p>LUNCH</p> <p>Bacon Chicken Ranch Wrap</p> <p>Spicy Bean Nachos</p> <p>Chicken Stars & Waffle</p> <p>Farm to School Organic Blueberries</p>
<p>BREAKFAST 5</p> <p>French Toast Sticks w/Fruit Dip</p> <p>Breakfast Bar</p> <p>LUNCH</p> <p>Chicken Pozole</p> <p>Southwest Bean Burger</p> <p>Chicken Tamale</p>	<p>BREAKFAST 6</p> <p>Muffin</p> <p>Egg & Cheese Bites</p> <p>LUNCH</p> <p>Kung Pao Chicken w/Rice</p> <p>Breaded Ravioli w/Marinara</p> <p>Pancakes & Sausage</p>	<p>BREAKFAST 7</p> <p>House-Baked Cinnamon Roll</p> <p>Pizza Stick</p> <p>LUNCH</p> <p>Chicken & Mashed Potato Bowl</p> <p>Quesadilla</p> <p>Beef Tacos</p> <p>Farm to School Organic Strawberries</p>	<p>BREAKFAST 8</p> <p>Cinnamon Crumb Cake</p> <p>Bagel w/Cream Cheese</p> <p>LUNCH</p> <p>Chicken & Veggie Chow Mein</p> <p>Strawberry Yogurt Parfait</p> <p>Corn Dog</p>	<p>BREAKFAST 9</p> <p>House-Baked Cinnamon Roll</p> <p>Bacon, Egg, & Cheese Biscuit Sandwich</p> <p>LUNCH</p> <p>Snack Box</p> <p>Chili Cheese Nachos</p> <p>Teriyaki Meatballs w/Rice</p>
<p>BREAKFAST 12</p> <p>Cinnamon Waffle</p> <p>Pizza Bagel</p> <p>LUNCH</p> <p>Beef & Bean Burrito</p> <p>Orange Chicken w/Rice</p> <p>BBQ Turkey Sliders</p>	<p>BREAKFAST 13</p> <p>Breakfast Bites</p> <p>Egg, Cheese, & Sausage</p> <p>Croissant Sandwich</p> <p>LUNCH</p> <p>Buffalo BBQ Chicken Sandwich</p> <p>Hot Dog</p> <p>Bean & Cheese Pupusa</p> <p>Chocolate Pudding</p>	<p>BREAKFAST 14</p> <p>House-Baked Cinnamon Roll</p> <p>Mini Maple Pancakes</p> <p>LUNCH</p> <p>Thai Sweet Chili Chicken w/Rice</p> <p>Chickpea Butter & Jelly (CB&J) Sandwich</p> <p>Meatball Sub Sandwich</p>	<p>BREAKFAST 15</p> <p>Pan Dulce Concha</p> <p>PB&J Sandwich</p> <p>LUNCH</p> <p>Cheeseburger/Hamburger</p> <p>Cheesy Garlic Bread w/Marinara</p> <p>BBQ Turkey Mac & Cheese</p>	<p>BREAKFAST 16</p> <p>House-Baked Cinnamon Roll</p> <p>Egg & Cheese Biscuit Sandwich</p> <p>LUNCH</p> <p>Chicken & Waffle</p> <p>Spicy Bean Nachos</p> <p>Chili Cheese Dog</p> <p>Farm to School Organic Strawberries</p>
<p>BREAKFAST 19</p> <p>French Toast Sticks w/Fruit Dip</p> <p>Breakfast Bar</p> <p>LUNCH</p> <p>Chicken Tamale</p> <p>Boneless Wings w/Cornbread</p> <p>Grilled Cheese Sandwich</p>	<p>BREAKFAST 20</p> <p>Muffin</p> <p>Egg & Cheese Bites</p> <p>LUNCH</p> <p>Chicken w/Biscuit</p> <p>Peach Yogurt Parfait</p> <p>Pancakes & Sausage</p>	<p>BREAKFAST 21</p> <p>House-Baked Cinnamon Roll</p> <p>Pizza Stick</p> <p>LUNCH</p> <p>Kung Pao Chicken w/Rice</p> <p>Quesadilla</p> <p>Beef Tacos</p>	<p>BREAKFAST 22</p> <p>Cinnamon Crumb Cake</p> <p>Egg, Cheese, & Turkey</p> <p>Sausage Breakfast Burrito</p> <p>LUNCH</p> <p>Buffalo Chicken Mac & Cheese</p> <p>Chicken & Veggie Chow Mein</p> <p>Corn Dog</p> <p>Farm to School Cherries</p>	<p>BREAKFAST 23</p> <p>House-Baked Cinnamon Roll</p> <p>Chicken Biscuit Sandwich</p> <p>LUNCH</p> <p>Bean & Cheese Burrito</p> <p>Spaghetti w/Meatballs</p> <p>Chili Cheese Nachos</p> <p>Farm to School Peaches</p>
<p>MEMORIAL DAY 26</p> <p>REMEMBER AND HONOR</p> <p>Memorial Day - No School</p>	<p>BREAKFAST 27</p> <p>Breakfast Bites</p> <p>Egg, Cheese, & Sausage</p> <p>Croissant Sandwich</p> <p>LUNCH</p> <p>PB & J Sandwich</p> <p>Chicken & Cheese Taquitos w/Guacamole</p> <p>Hot Dog</p> <p>Chocolate Chip Cookie</p>	<p>BREAKFAST 28</p> <p>House-Baked Cinnamon Roll</p> <p>Mini Maple Pancakes</p> <p>LUNCH</p> <p>Meatball Sub Sandwich</p> <p>Macaroni & Cheese</p> <p>Chicken Tenders</p>	<p>BREAKFAST 29</p> <p>Pan Dulce Concha</p> <p>PB&J Sandwich</p> <p>LUNCH</p> <p>Teriyaki Chicken w/Rice</p> <p>Cheesy Breadsticks w/Marinara</p> <p>Cheeseburger/Hamburger</p>	<p>BREAKFAST 30</p> <p>House-Baked Cinnamon Roll</p> <p>Egg & Cheese Biscuit Sandwich</p> <p>LUNCH</p> <p>Bacon Chicken Ranch Wrap</p> <p>Spicy Bean Nachos</p> <p>Chicken & Waffle</p> <p>Farm to School Peaches</p>

Avalon CDC Preschool Menu

May 2025

Farm to School



ITEMS OF THE MONTH:
**CHERRIES, PEACHES,
ORGANIC BLUEBERRIES &
STRAWBERRIES**

Key

- House-Made**
- Locally-Grown/Sourced**
- Vegetarian Entrees**
- Vegan Entrees**
All fruits, fresh vegetables, & cereals are vegan.
- Contains Pork**
- All grains are whole-grain rich**
- New Item**

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MON	TUE	WED	THU	FRI
	OFFERED DAILY BREAKFAST & LUNCH: Low-Fat White Milk	SPECIAL EVENTS May 2: May the 4 th Be With You May 5: Cinco de Mayo	BREAKFAST 1 Reduced Sugar Cereal Pineapple LUNCH Cheesy Breadsticks w/Marinara Fresh Banana Fresh Broccoli	BREAKFAST 2 Egg & Cheese Biscuit Sandwich Peaches LUNCH Chicken Stars & Waffle Farm to School Organic Blueberries Corn w/Tajin
BREAKFAST 5 French Toast Sticks w/Fruit Dip Mixed Fruit LUNCH Chicken Tamale Fresh Apple Slices Corn w/Tajin	BREAKFAST 6 Muffin Frozen Strawberry Cup LUNCH Breaded Ravioli w/Marinara Fresh Orange Wedges Potato Rounds	BREAKFAST 7 Pizza Stick Frozen Peach Cup LUNCH Beef Tacos Farm to School Organic Strawberries California Mixed Vegetables	BREAKFAST 8 Bagel w/Cream Cheese Pineapple LUNCH Chicken & Veggie Chow Mein Fresh Banana Fresh Baby Carrots	BREAKFAST 9 Egg & Cheese Biscuit Sandwich Peaches LUNCH Teriyaki Meatballs w/Rice Frozen Peach Cup Fresh Broccoli
BREAKFAST 12 Cinnamon Waffle Mixed Fruit LUNCH Beef & Bean Burrito Fresh Apple Slices Sweet Potato Fries	BREAKFAST 13 Egg, Cheese, & Sausage Croissant Sandwich Frozen Strawberry Cup LUNCH Bean & Cheese Pupusa Fresh Orange Wedges BBQ Baked Beans	BREAKFAST 14 Mini Maple Pancakes Frozen Peach Cup LUNCH Chickpea Butter & Jelly (CB&J) Sandwich Frozen Strawberry Cup Fresh Cucumbers	BREAKFAST 15 Reduced Sugar Cereal Pineapple LUNCH Cheeseburger/Hamburger Fresh Banana Fresh Broccoli	BREAKFAST 16 Egg & Cheese Biscuit Sandwich Peaches LUNCH Spicy Bean Nachos Farm to School Organic Strawberries Fresh Baby Carrots
BREAKFAST 19 French Toast Sticks w/Fruit Dip Mixed Fruit LUNCH Grilled Cheese Sandwich Fresh Apple Slices California Mixed Vegetables	BREAKFAST 20 Muffin Frozen Strawberry Cup LUNCH Pancakes & Sausage Fresh Orange Wedges Potato Rounds	BREAKFAST 21 Pizza Stick Frozen Peach Cup LUNCH Quesadilla Fresh Banana Corn w/Tajin	BREAKFAST 22 Egg, Cheese, & Turkey Sausage Breakfast Burrito Pineapple LUNCH Chicken & Veggie Chow Mein Farm to School Cherries Fresh Baby Carrots	BREAKFAST 23 Chicken Biscuit Sandwich Peaches LUNCH Chili Cheese Nachos Farm to School Peaches Mixed Salad Greens
MEMORIAL DAY 26 REMEMBER AND HONOR Memorial Day - No School	BREAKFAST 27 Egg, Cheese, & Sausage Croissant Sandwich Frozen Strawberry Cup LUNCH Chicken & Cheese Taquitos w/Guacamole Fresh Orange Wedges Potato Rounds	BREAKFAST 28 Mini Maple Pancakes Frozen Peach Cup LUNCH Chicken Tenders Applesauce Cup Fresh Baby Carrots	BREAKFAST 29 Reduced Sugar Cereal Pineapple LUNCH Teriyaki Chicken w/Rice Fresh Banana Fresh Broccoli	BREAKFAST 30 Egg & Cheese Biscuit Sandwich Peaches LUNCH Spicy Bean Nachos Farm to School Peaches Corn w/Tajin