

# Avalon Menu

# September 2026

## Farm to School



ITEMS OF THE MONTH:  
NECTARINES, PEACHES,  
PLUMS,  
& WATERMELON

### 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                                                                                         |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|
|                                                                                                              | <b>BREAKFAST</b> 1<br>Breakfast Bites<br>Egg, Cheese, & Sausage<br>Croissant Sandwich                        | <b>BREAKFAST</b> 2<br>House-Baked Cinnamon Roll<br>Mini Maple Pancakes                                                | <b>BREAKFAST</b> 3<br>Pan Dulce Concha<br>PB&J Sandwich                                                                                                                                                                                                                                                                                                         | <b>BREAKFAST</b> 4<br>House-Baked Cinnamon Roll<br>Egg & Cheese Biscuit Sandwich            |
|                                                                                                              | <b>LUNCH</b><br>Hot Dog<br>Bean & Cheese Pupusa<br>Chocolate Pudding                                         | <b>LUNCH</b><br>Thai Sweet Chili Chicken w/Rice<br>Kickin' Tenders & Toast Sticks<br>Farm to School Plums             | <b>LUNCH</b><br>Cheeseburger/Hamburger<br>Cheesy Pull-Aparts w/Marinara<br>Farm to School Nectarines                                                                                                                                                                                                                                                            | <b>LUNCH</b><br>Chicken Drumstick & Waffle<br>Chili Cheese Nachos                           |
|  7<br>Labor Day - No School | <b>BREAKFAST</b> 8<br>Cinnamon Muffin<br>Egg & Cheese Bites                                                  | <b>BREAKFAST</b> 9<br>House-Baked Cinnamon Roll<br>Pizza Stick                                                        | <b>BREAKFAST</b> 10<br>Cinnamon Crumb Cake<br>Egg, Cheese, & Turkey Sausage Breakfast Burrito                                                                                                                                                                                                                                                                   | <b>BREAKFAST</b> 11<br>House-Baked Cinnamon Roll<br>Egg & Cheese Sandwich                   |
|                                                                                                              | <b>LUNCH</b><br>Boneless Wings & Cornbread<br>Peach Yogurt Parfait<br>Pancakes & Sausage                     | <b>LUNCH</b><br>Kung Pao Chicken w/Rice<br>Ciabatta & Cheese Sandwich<br>Beef Tacos                                   | <b>LUNCH</b><br>Buffalo Chicken Mac & Cheese<br>Chicken & Veggie Chow Mein<br>Mini Corn Dogs<br>Farm to School Watermelon                                                                                                                                                                                                                                       | <b>LUNCH</b><br>Bean & Cheese Burrito<br>Spaghetti w/Meatballs<br>Chili Cheese Nachos       |
| <b>BREAKFAST</b> 14<br>Blueberry Waffle<br>Pizza Bagel                                                       | <b>BREAKFAST</b> 15<br>Breakfast Bites<br>Egg, Cheese, & Sausage<br>Croissant Sandwich                       | <b>BREAKFAST</b> 16<br>House-Baked Cinnamon Roll<br>Mini Maple Pancakes                                               | <b>BREAKFAST</b> 17<br>Pan Dulce Concha<br>PB&J Sandwich                                                                                                                                                                                                                                                                                                        | <b>BREAKFAST</b> 18<br>House-Baked Cinnamon Roll<br>Egg & Cheese Tamale                     |
| <b>LUNCH</b><br>Buffalo BBQ Chicken Sliders<br>Orange Chicken w/Rice<br>Bean Burrito                         | <b>LUNCH</b><br>PB & J Sandwich<br>Chicken & Cheese Taquitos w/Guacamole<br>Hot Dog<br>Chocolate Chip Cookie | <b>LUNCH</b><br>Birria & Cheese Pupusa<br>Macaroni & Cheese<br>Chicken Tenders & Biscuit<br>Farm to School Watermelon | <b>LUNCH</b><br>Cheeseburger/Hamburger<br>Cheesy Breadsticks w/Marinara<br>Teriyaki Chicken w/Rice<br>Farm to School Plums                                                                                                                                                                                                                                      | <b>LUNCH</b><br>Chicken Drumstick & Waffle<br>Bacon Chicken Ranch Wrap<br>Spicy Bean Nachos |
| <b>BREAKFAST</b> 21<br>French Toast Sticks w/Fruit Dip<br>Breakfast Bar                                      | <b>BREAKFAST</b> 22<br>Muffin<br>Egg & Cheese Bites                                                          | <b>BREAKFAST</b> 23<br>House-Baked Cinnamon Roll<br>Pizza Stick                                                       | <b>BREAKFAST</b> 24<br>Cinnamon Crumb Cake<br>Bagel w/Cream Cheese                                                                                                                                                                                                                                                                                              | <b>BREAKFAST</b> 25<br>House-Baked Cinnamon Roll<br>Bacon, Egg, & Cheese Biscuit Sandwich   |
| <b>LUNCH</b><br>Boneless Wings w/Cornbread<br>Chicken Alfredo<br>Southwest Bean Burger                       | <b>LUNCH</b><br>Chicken Tamale<br>Breaded Ravioli w/Marinara<br>Pancakes & Sausage                           | <b>LUNCH</b><br>Kung Pao Chicken w/Rice<br>Cheese Quesadilla<br>Beef Tacos                                            | <b>LUNCH</b><br>Strawberry Yogurt Parfait<br>Mini Corn Dogs<br>Chicken & Veggie Chow Mein<br>Farm to School Peaches                                                                                                                                                                                                                                             | <b>LUNCH</b><br>Protein Snack Box<br>Chili Cheese Nachos<br>Teriyaki Meatballs w/Rice       |
| <b>BREAKFAST</b> 28<br>Cinnamon Waffle<br>Pizza Bagel                                                        | <b>BREAKFAST</b> 29<br>Breakfast Bites<br>Egg, Cheese, & Sausage<br>Croissant Sandwich                       | <b>BREAKFAST</b> 30<br>House-Baked Cinnamon Roll<br>Mini Maple Pancakes                                               | <b>OFFERED DAILY</b><br><b>BREAKFAST:</b> <ul style="list-style-type: none"> <li>Fruit</li> <li>Whole Grain Cereals</li> <li>Yogurt with Granola</li> <li>String Cheese</li> <li>100% Fruit Juice</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> </ul>                                                                                         |                                                                                             |
| <b>LUNCH</b><br>Rib-B-Que Sandwich<br>Orange Chicken w/Rice<br>BBQ Turkey Sliders                            | <b>LUNCH</b><br>Buffalo BBQ Chicken Sandwich<br>Hot Dog<br>Bean & Cheese Pupusa                              | <b>LUNCH</b><br>Thai Sweet Chili Chicken w/Rice<br>Kickin' Tenders & Toast Sticks<br>Chicken Pozole                   | <b>OFFERED DAILY</b><br><b>LUNCH:</b> <ul style="list-style-type: none"> <li>Yogurt with Granola</li> <li>Low-Fat White Milk</li> <li>Nonfat Chocolate Milk</li> <li>Fruits &amp; Vegetables</li> </ul> Grades 6-12 only: <ul style="list-style-type: none"> <li>100% Fruit Juice</li> <li>Pizza</li> <li>Spicy Chicken Sandwich</li> <li>Sandwiches</li> </ul> |                                                                                             |