



PRIMARY / ELEMENTARY MENU

October 2026



Eat Right, Future Bright!

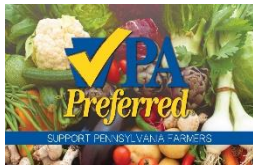
Melissa Schad, Food Service Director

mschad@avonworth.k12.pa.us

This institution is an equal opportunity.

Menu Subject to Change

We are excited to introduce our new breakfast menu as the first step in our journey toward aligning school meals with the recommendations of the updated Dietary Guidelines for Americans. This year, we are placing a greater emphasis on meals that include more protein and fiber while reducing added sugars. Foods rich in protein and fiber help students feel satisfied longer, helping them stay focused, energized, and ready to learn. Our goal is to provide nutritious, balanced meals that support student success while continuing to offer choices students enjoy.

NEW BREAKFAST MENU				October 1	October 2																
BREAKFAST IS FREE TO ALL STUDENTS! Featured Breakfast Offerings: Monday: Bacon, Egg & Cheese Croissant Tuesday: Toasted Bagel with Cream Cheese Wednesday: Chicken Biscuit Thursday: Breakfast Pizza Friday: Donut Day Daily Feature: Uncrustable Varieties 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 LIST A and/or (1) item from LIST B in addition to fruit and/or juice and milk for a complete breakfast.		<i>Main Entrée</i> (Select 0 or 1)			Chicken Tenders Soft Pretzel Stick	Stuffed Crust Pizza															
		<i>Grab-n-Go Entrée</i> (Select 0 or 1)			No Nut Butter Wheat Crackers Roasted Chickpeas	Yogurt, Benefit Bar & String Cheese															
		<i>Veggie Choice</i> (Select 0, 1 or 2)			 We offer a meat-free lunch option every day. Celebrate World Vegetarian Day by trying a meat-free lunch this month!	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers														
<table><tr><th>LIST A</th><th>LIST B</th></tr><tr><td>Assorted Cereal</td><td>Hard Cooked Egg</td></tr><tr><td>Toaster Pastry</td><td>Yogurt Cup</td></tr><tr><td>Fruit & Grain Bar</td><td>Sunflower Seeds</td></tr><tr><td>Assorted Muffins</td><td>String Cheese</td></tr><tr><td>Mini Loaves</td><td>Chicken Stick</td></tr><tr><td>Soft Baked Bar</td><td>No Nut Butter</td></tr><tr><td>Graham Snacks</td><td>Roasted Chickpeas</td></tr></table>		LIST A	LIST B	Assorted Cereal	Hard Cooked Egg	Toaster Pastry	Yogurt Cup	Fruit & Grain Bar	Sunflower Seeds	Assorted Muffins	String Cheese	Mini Loaves	Chicken Stick	Soft Baked Bar	No Nut Butter	Graham Snacks	Roasted Chickpeas	<i>Fruit Choice</i> (Select 0 or 1)	National Apple Crunch Day is celebrated in October each year. It promotes healthy snacking and encourages families to eat apples as healthy snacks! October 26th 	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice
LIST A	LIST B																				
Assorted Cereal	Hard Cooked Egg																				
Toaster Pastry	Yogurt Cup																				
Fruit & Grain Bar	Sunflower Seeds																				
Assorted Muffins	String Cheese																				
Mini Loaves	Chicken Stick																				
Soft Baked Bar	No Nut Butter																				
Graham Snacks	Roasted Chickpeas																				
		<i>Milk Choice</i> (Select 0 or 1)   October is National Farm to School Month. On October 20th our nachos will be made with PA Beef and we will offer PA grown fruits and vegetables in addition to regular offerings. Support Local!	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request																	



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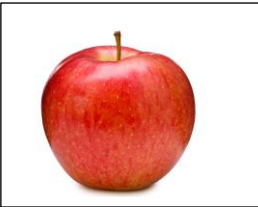
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Meal/Snack Prices			October 5	October 6	October 7	October 8	October 9
		Main Entrée (Select 0 or 1)	(2) Cheeseburger Sliders	Macaroni & Cheese w/ Garlic Breadstick	Chicken Nuggets w/ Goldfish Crackers	French Toast Bites w/ Sausage Patty & Yogurt Cup	Big Daddy's Cheese Pizza
Student Breakfast	FREE	Grab-n-Go Entrée (Select 0 or 1)	Strawberry Yogurt Parfait & Chocolate Breakfast Bites	Grilled Chicken Salad w/ Snack Crackers	Smucker's Uncrustable w/ Grahams & Yogurt	Italian Hoagie	Breakfast Bundle w/ Cereal, Egg & Yogurt
Adult Breakfast	\$2.60						
Paid Lunch	\$3.35	Veggie Choice (Select 0, 1 or 2)	Baby Carrots Cucumbers Romaine Salad Oven Fries	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Baked Beans	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Fava Bean Crisps
Reduced Lunch	FREE						
Adult Lunch	\$4.85	Fruit Choice (Select 0 or 1)	Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce	Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce	Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce 100% Juice Cup	Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce	Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce 100% Juice Cup
Milk	\$.80						
Bottled Water -Large	\$1.00						
Bottled Water-Small	\$.60						
 OCTOBER--Apples  Our program sources local produce when available! 		Milk Choice (Select 0 or 1)	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request
			October 12	October 13	October 14	October 15	October 16
		Main Entrée (Select 0 or 1)	NO School!	Magic Mozzarella Cheese Sticks w/ Marinara Dipping Sauce	CLOWN DAY Clown Noses (Meatballs in Sauce) & Garlic Knott	POPCORN DAY Circus Popcorn Chicken & Popcorn	Performer's Cheese Pizza Slice
		Grab-n-Go Entrée (Select 0 or 1)		Chicken Snack Wrap w/ Goldfish Crackers	Tortilla Chips w/ Cheese Dip & Salsa	MYO Pizza Kit Flatbread, Mozzarella & Marinara	Yogurt, Benefit Bar & String Cheese
		Veggie Choice (Select 0, 1 or 2)		Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Chickpea Salad	Baby Carrots Cucumbers Romaine Salad Tightrope Twist Fries	Baby Carrots Cucumbers Romaine Salad Fava Bean Crisps
		Fruit Choice (Select 0 or 1)	Celebrate with us! We will have lots of fun give-a-ways and special menu items!	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce 100% Juice Cup	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce	Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce Frozen Fruit Juice
		Milk Choice (Select 0 or 1)	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request



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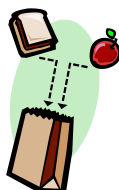
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ATTENTION PACKERS



**THE COST OF MILK IS
\$.80 WITH PACKED
LUNCH. (EVEN IF YOUR
CHILD IS ELIGIBLE)**



What is My School Bucks? My School Bucks is an online payment service that provides parents with 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's 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

	October 19	October 20	October 21	October 22	October 23
<i>Main Entrée (Select 0 or 1)</i>	Happy Birthday Day! Toasty Grilled Cheese	Tortilla Chips w/ Taco Seasoned Beef & Cheese Sauce Made w/Local Beef	Try Something New! Chicken Meatball Ramen Bowl w/ Breadstick	Confetti Pancakes w/ Hard Cooked Egg	Stuffed Crust Pizza
<i>Grab-n-Go Entrée (Select 0 or 1)</i>	Italian Hoagie	Smucker's Uncrustable w/ Yogurt and Grahams	Strawberry Yogurt Parfait & Chocolate Breakfast Bites	Grilled Chicken Salad w/ Snack Crackers	Breakfast Bundle w/ Cereal, Egg & Yogurt
<i>Veggie Choice (Select 0, 1 or 2)</i>	Baby Carrots Cucumbers Romaine Salad Smile Fries	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Cowboy Caviar	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Fava Bean Crisps
<i>Fruit Choice (Select 0 or 1)</i>	Fresh Orange Canned Pears Raisins Applesauce	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 100% Fruit Juice
<i>Milk Choice (Select 0 or 1)</i>	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request
	October 26	October 27	October 28	October 29	October 30
<i>Main Entrée (Select 0 or 1)</i>	Apple Crunch Day! Cheeseburger on a Bun	Lucky Tray Day! Mandarin Orange Chicken w/ Rice	Big Daddy's Cheese Pizza	Bat Chicken Nuggets Pumpkin Shaped Soft Pretzel	Happy Halloween! Receive a yummy Zombie Sundae with lunch purchase on October 29 th !
<i>Grab-n-Go Entrée (Select 0 or 1)</i>	Tortilla Chips w/ Cheese Dip & Salsa	MYO Pizza Kit Flatbread, Mozzarella & Marinara	Wheat Crackers, Cheese Stick, & Chicken Meat Stick	Pumpkin Shaped Soft Pretzel, Cheese Dip & Roasted Chickpeas	
<i>Veggie Choice (Select 0, 1 or 2)</i>	Baby Carrots Cucumbers Romaine Salad Oven Fries	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Fava Bean Crisps	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	
<i>Fruit Choice (Select 0 or 1)</i>	Fresh Apple Apple Crisp Dried Apples Applesauce 100% Apple Juice	Fresh Apple Peaches Dried Mixed Fruit Applesauce	Fresh Apple Peaches Dried Mixed Fruit Applesauce 100% Fruit Juice	Fresh Apple Peaches Dried Mixed Fruit Applesauce	
<i>Milk Choice (Select 0 or 1)</i>	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	1% White Milk 1% Chocolate Milk Chocolate Soy Milk Available by Request	





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AVONWORTH ELEMENTARY – ICE CREAM SCHEDULE

Ice Cream is available for sale according to the schedule below at Avonworth Elementary School.

Hershey's ice cream is SMART SNACK approved. Please contact the Food Service Director if you would like additional allergen information or do not want your student to purchase ice cream with the funds in their cafeteria account. Ice Cream is considered an extra is not included with the free meal benefit. The cost of ice cream is \$1.50 for ALL children and the funds must be available in your child's account for purchase. No charging is permitted.

			October 1	October 2
			No Ice Cream Sales	5TH--MOORE 4TH--KOSTEWICZ 3RD--CWYNAR
October 5	October 6	October 7	October 8	October 9
5TH--TARASI 4TH--MUNCIE 3RD-- BASSALY	No Ice Cream Sales	5TH--DZADOVSKY 4TH--LEISTER 3RD-- LEIBACH	No Ice Cream Sales	5TH--HARRIS 4TH--LIBBON 3RD-- SIMPSON
October 12	October 13	October 14	October 15	October 16
NO SCHOOL	5TH--HOHN 4TH--MITCHELL 3RD--STOTT	No Ice Cream Sales	No Ice Cream Sales	5TH--PECORA 4TH--MOORE 3RD-- SWARTZ
October 19	October 20	October 21	October 22	October 23
5TH--MOORE 4TH--KOSTEWICZ 3RD--CWYNAR	No Ice Cream Sales	No Ice Cream Sales	5TH--TARASI 4TH--MUNCIE 3RD-- BASSALY	5TH--DZADOVSKY 4TH--LEISTER 3RD-- LEIBACH
October 26	October 27	October 28	October 29	October 30
5TH--HARRIS 4TH--LIBBON 3RD-- SIMPSON	5TH--HOHN 4TH--MITCHELL 3RD-- STOTT	5TH--PECORA 4TH--MOORE 3RD-- SWARTZ	No Ice Cream Sales	NO SCHOOL