



Avonworth School District

MIDDLE/HIGH SCHOOL 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

NEW BREAKFAST MENU		ENTREES AVAILABLE DAILY- FRUIT, VEGETABLE & MILK ARE INCLUDED IN MEAL PRICE					
BREAKFAST IS FREE TO ALL STUDENTS! Featured Breakfast Offerings: Monday: Sausage, 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.		Italian Hoagie \$3.45 Uncrustable \$3.45	Salad of the Month \$3.95	Premium Breaded or Spicy Breaded Chicken Sandwich \$3.95	Tortilla Chips w/ Hummus, cheese dip and Salsa \$3.45	Breakfast Bundle Cereal, Yogurt & Egg \$3.45	Grilled, Breaded or Spicy Chicken Salad w/ Roll \$3.95
		WEEKLY GRAB-N-GO ENTREES- FRUIT, VEGETABLE & MILK ARE INCLUDED IN MEAL PRICE-\$3.45					
Provide menu feedback & ideas! Send to: mschad@avonworth.k12.pa.us Order a plant based entrée by 3pm (1) day in advance. Here		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Cheeseburger	Bacon, Egg & Cheese Croissant	Grilled Cheese Sandwich	BBQ Rib Sandwich	Fish Sandwich	
		Chicken Nuggets & Goldfish	Mini Corn Dog Bites	Chicken Strips & Goldfish	Mozzarella Cheese Sticks & Sauce	Cook's Choice Panini or Wrap	
		PLANT BASED ENTREES AVAILABLE DAILY – must be ordered (1) day in advance					
		Plant Based Tenders	Chipotle Black Bean Burger	Rebellyous Plant Based Patty Sandwich	Rebellyous Spicy Plant Based Patty Sandwich	Asian Shaker Salad w/ Edamame, Rice and Veggies	
						October 1	October 2
Main Entrée (Select 0 or 1)						Rotini w/ Meat Sauce & a Breadstick (\$3.35)	Stuffed Crust Pizza (\$3.35) Chicken Cheesesteak Pizza (\$3.85)
Veggie Choice (Select 0, 1 or 2)		 ORDER ONE OF OUR NEW PLANT BASED LUNCH ENTREES TO CELEBRATE WORLD VEGETARIAN DAY!				Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar
Fruit Choice AMS- (Select 0 or 1) AHS (Select 0, 1or 2) Juice- Limit 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
Milk Choice (Select 0 or 1)			October is National Farm to School Month On October 20 th our nachos will be made with PA Beef and we will offer PA grown veggies too! 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

Adult Breakfast Price \$2.60

wake up!
to
School Breakfast

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Meal/Snack Prices			October 5	October 6	October 7	October 8	October 9
		Main Entrée (Select 0 or 1)	French Toast Sticks with Yogurt Cup & Sausage Patty (\$3.35)	General Tso Chicken over Rice w/ (3) Chicken Vegetable Pot Stickers (\$3.85)	BBQ Pulled Pork Sandwich (\$3.35)	Nashville Hot Chicken Chunks w/Side of Mac & Cheese & Pickles (\$3.85) or Macaroni & Cheese w/ Garlic Breadstick (\$3.35)	Big Daddy’s Pizza (\$3.35) Fiestada Pizza (\$3.85)
Paid Lunch	\$3.45	Veggie Choice (Select 0, 1 or 2)	Baby Carrots Cucumbers Romaine Salad Corn & Edamame Salad	Baby Carrots Cucumbers Romaine Salad Corn & Edamame Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Corn & Edamame Salad	Baby Carrots Cucumbers Romaine Salad Corn & Edamame Salad Vegetable Juice	Baby Carrots Cucumbers Romaine Salad Corn & Edamame Salad Fava Bean Crisps
Premium Lunch	\$3.95						
Reduced Lunch	FREE						
Adult Lunch	\$4.85						
Milk	\$.80	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
Bottled Water -Large	\$1.00						
4oz Juice	\$.80						
Switch/Snapple Juiced	\$1.75	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
Gatorade Zero 12 oz	\$2.00						
Propel / Snapple Tea	\$2.00		October 12	October 13	October 14	October 15	October 16
Polar Ades/Seltzer	\$.80	Main Entrée (Select 0 or 1)	NO School!	Chicken Drumstick & Waffle (\$3.35)	Buffalo Chicken Dip & Tortilla Chips (\$3.35)	Mrs. T’s Pierogi w/ Sauteed Onions (\$3.85)	Twisted Breadsticks & Sauce (\$3.85) BBQ Chicken Pizza (\$3.85)
Turner Tea	\$1.00						
Fudge/Confetti/ Grandma Cookies	\$1.25	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
Kettle Chips/P.Booty	\$1.75						
Baked Chips	\$1.25	Fruit Choice (Select 0 or 1)		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
Rice Krispie Treat	\$1.25						
Fruit Snacks	\$.75						
Fruit Roll-up	\$.75	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
Ice Cream	\$1.50						
Lunch Entree	\$2.70						



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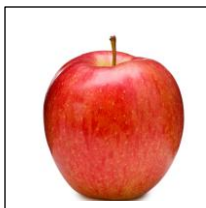
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SEPTEMBER—Apples



Our program sources local produce when available!

	October 19	October 20	October 21	October 22	October 23
Main Entrée (Select 0 or 1)	French Toast Bites Sausage Patty & Yogurt (\$3.35)	Nacho Chips w/ Seasoned Beef & Cheese Sauce (\$3.35) Made w/ PA Local Beef	Chicken Meatball Ramen Bowl w/ Breadstick (\$3.35)	Popcorn Chicken, Mashed Potatoes & Gravy w/ Roll (\$3.35)	Big Daddy Pizza (\$3.35) Spinach, Tomato & Feta Pizza (\$3.85)
Veggie Choice (Select 0, 1 or 2)	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
Fruit Choice (Select 0 or 1)	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
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 26	October 27	October 28	October 29	October 30
Main Entrée (Select 0 or 1)	French Toast Sticks with Yogurt Cup & Sausage Patty (\$3.35)	Swedish Meatball, Mashed Potato & Gravy Bowl w/ Fresh Baked Roll (\$3.35)	Ham & Cheese Panini (\$3.35)	Twisted Breadsticks & Dipping Sauce (\$3.85) Buffalo Chicken Pizza (\$3.85)	HAPPY HALLOWEEN!
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 Fava Bean Crisps	Baby Carrots Cucumbers Romaine Salad Vegetable Juice	
Fruit Choice (Select 0 or 1)	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	
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	



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.

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Customer Support Line
1-855-832-5226

ENJOY THE LONG WEEKEND!