

Avalon Menu

October 2026

Farm to School



ITEMS OF THE MONTH:

**WATERMELON,
APPLE PEARS, & GRAPES**

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

OFFERED DAILY

BREAKFAST:

- Fruit
- Whole Grain Cereals
- Yogurt with Granola
- String Cheese
- 100% Fruit Juice
- Low-Fat White Milk
- Nonfat Chocolate Milk

BREAKFAST

5

French Toast Sticks
w/Fruit Dip
Breakfast Bar

LUNCH

Glazed Wings w/Waffle
Bean & Cheese Burrito

TUE

OFFERED DAILY

LUNCH:

- Yogurt with Granola
 - Low-Fat White Milk
 - Nonfat Chocolate Milk
 - Fruits & Vegetables
- Grades 6-12 only:
• 100% Fruit Juice

BREAKFAST

6

Chocolate Muffin
Egg & Cheese Bites

LUNCH

Spaghetti & Meatballs
Chicken Tenders
w/Cornbread

WED

SPECIAL ITEM!

Only available 10/12-10/16

Strawberry Milk



BREAKFAST

7

House-Baked Cinnamon Roll
Pizza Stick

LUNCH

Teriyaki Chicken w/Rice
Grilled Cheese Sandwich

THU

BREAKFAST

1

Pan Dulce Concha
PB&J Sandwich

LUNCH

Cheeseburger/Hamburger
Cheesy Pull-Aparts
w/Marinara Sauce
BBQ Turkey Mac & Cheese
Farm to School Watermelon

FRI

BREAKFAST

2

House-Baked Cinnamon Roll
Egg & Cheese Biscuit
Sandwich

LUNCH

Chicken Drumstick & Waffle
Spicy Bean Nachos
Chili Cheese Dog

NATIONAL SCHOOL LUNCH WEEK OCTOBER 12-16

BREAKFAST

12

Blueberry Waffle
Pizza Bagel

LUNCH

Orange Chicken w/Rice
Bean Burrito

BREAKFAST

13

Breakfast Bites
Egg, Cheese, & Sausage
Croissant Sandwich

LUNCH

Buffalo Chicken Mac & Cheese
Chicken & Cheese Taquitos
w/Guacamole
Chocolate Chip Cookie

BREAKFAST

14

House-Baked Cinnamon Roll
Mini Maple Pancakes

LUNCH

Chicken Sandwich
Birria & Cheese Pupusa
w/Curtido

BREAKFAST

15

Cinnamon Muffin
PB&J Sandwich

LUNCH

Cheesy Breadsticks
w/Marinara
Cheeseburger

BREAKFAST

16

House-Baked Cinnamon Roll
Egg & Cheese Tamale

LUNCH

Spicy Bean Nachos
Chicken Drumstick & Waffle

BREAKFAST

19

French Toast Sticks
w/Fruit Dip
Breakfast Bar

LUNCH

Boneless Wings w/Cornbread
Chicken Alfredo

BREAKFAST

20

Chocolate Muffin
Egg & Cheese Bites

LUNCH

Chicken Tamale
Breaded Cheese Ravioli
w/Marinara

BREAKFAST

21

House-Baked Cinnamon Roll
Pizza Stick

LUNCH

Glazed Wings w/Waffle
Cheese Quesadilla
Farm to School Apple Pears

BREAKFAST

22

Cinnamon Crumb Cake
Bagel w/Cream Cheese

LUNCH

Macaroni & Cheese
Mini Corn Dogs

BREAKFAST

23

House-Baked Cinnamon Roll
Egg, Cheese, & Turkey Ham
Croissant Sandwich

LUNCH

Chili Cheese Nachos
Teriyaki Meatballs w/Rice

BREAKFAST

26

Cinnamon Waffle
Pizza Bagel

LUNCH

Rib-B-Que Sandwich
Orange Chicken w/Rice

BREAKFAST

27

Breakfast Bites
Egg, Cheese, & Sausage
Croissant Sandwich

LUNCH

Chicken Sandwich
Bean & Cheese Pupusa

BREAKFAST

28

House-Baked Cinnamon Roll
Mini Maple Pancakes

LUNCH

BBQ Turkey Mac & Cheese
Kickin' Tenders & Toast Sticks

BREAKFAST

29

Pan Dulce Concha
PB&J Sandwich

LUNCH

Cheeseburger
Cheesy Pull-Aparts
w/Marinara
Farm to School Grapes

BREAKFAST

30

House-Baked Cinnamon Roll
Egg, Cheese, & Turkey Ham
Croissant Sandwich

LUNCH

Chicken Stars w/Waffle
Spicy Bean Nachos