Avonworth School District

PRIMARY/ELEMENTARY MENU

NOVEMBER 2026

Melissa Schad, Food Service Director

mschad@avonworth.k12.pa.us

This institution is an equal opportunity.

Eat Right, Future Bright!

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

BREAKFAST IS FREE TO ALL STUDENTS!

Featured Breakfast Offerings:

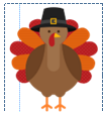
Monday: Bacon, Egg & Cheese Croissant
Tuesday: Toasted Bagel with Cream Cheese
Wednesday: Chicken Biscuit
Thursday: Breakfast Pizza
Friday: Donut Day
Daily Feature: Uncrustable Varieties

In addition to the daily offering, the following alternate choices are available daily for breakfast

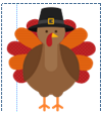
Students may choose the daily feature or
(1) item from LIST A and/or
(1) item from LIST B in addition to
fruit and/or juice and milk for a complete breakfast.

LIST A	LIST B
Cinnamon Roll	Roasted Chickpeas
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	

	November 2	November 3	November 4	November 5	November 6
Main Entrée (Select 0 or 1) **Did you remember to turn the clock back?**	**National Stress Awareness Day!** Breaded Chicken Patty on a Bun **Lucky Tray Day!**	Cosmic Belgian Waffle w/ Yogurt and Sausage	Mini Corn Dog Nuggets	Chicken Smackers w/ Mashed Potatoes & Garlic Breadstick	Big Daddy's Cheese Pizza Slice
Grab-n-Go Entrée (Select 0 or 1)	Blueberry Yogurt Parfait & Blueberry Breakfast Bites	**National Sandwich Day!** Italian Hoagie w/ Shredded Romaine & Italian Dressing	Smucker's Uncrustable w/ Grahams & Yogurt	Wheat Crackers Cinnamon No Nut Butter & Churro Roasted Chickpeas	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt
Veggie Choice (Select 0, 1 or 2)	(4) Smile Fries Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers Baked Beans	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice Sweet Corn	Baby Carrots Romaine Salad Sliced Cucumbers Broccoli
Fruit Choice (Select 0 or 1)	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce	Fresh Grapes Juicy Pineapple Dried Cranberries 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



Happy Fall Y'all!



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Meal/Snack Prices

Student Breakfast	FREE
Adult Breakfast	$2.60
Paid Lunch	$3.35
Reduced Lunch	FREE
Adult Lunch	$4.85
Milk	$ .80
Bottled Water -Large	$1.00
Bottled Water-Small	$ .60

NOVEMBER-WINTER SQUASH

Try our homemade

Butternut Squash Crumble on November 20th!

Our program sources local produce when available!

PA Beef to Schools Day is November 12th!

	November 9	November 10	November 11	November 12	November 13
Main Entrée (Select 0 or 1)	Crispy Chicken Drumstick & Waffle **Happy Birthday Day!**	Penne Marinara w/ (3) Meatballs & Breadstick	**Veteran's Day** Confetti Pancakes w/ Sausage & Yogurt	Doritos w/ Taco Seasoned Beef, Lettuce & Cheddar	**Smiley Face** Pizza **Celebrate World Kindness Day!**
Grab-n-Go Entrée (Select 0 or 1)	Tortilla Chips w/ Cheese Dip & Hummus	MYO Pizza Kit Flatbread, Marinara & Mozzarella	Red, White & Blueberry Parfait w/ Banana Bread	Smucker's Uncrustable w/ Grahams & Yogurt	Yogurt, Benefit Bar and String Cheese
Veggie Choice (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Baked Beans	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers Celery	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers Grape Tomatoes
Fruit Choice (Select 0 or 1)	Fresh Orange Frozen Cherries Raisins Applesauce	Fresh Orange Frozen Cherries Raisins Applesauce	Fresh Orange Frozen Cherries Raisins Applesauce Patriotic Frozen Juice	Fresh Orange Frozen Cherries Raisins Applesauce	Orange **Smiles** Frozen Cherries 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 Choc, Van & Straw! 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
	November 16	**November 17**	**November 18**	**November 19**	**November 20**
Main Entrée (Select 0 or 1)	(2) Cheeseburger Sliders w/ **Pickles National Pickle Day!**	Macaroni & Cheese w/ Garlic Breadstick	Chicken Nuggets w/ Snack Crackers **Apple Cider Day!**	**Minecraft Day! Dirt Block** French Toast w/Hardboiled **Ender-Egg**	Big Daddy's Pizza
Grab-n-Go Entrée (Select 0 or 1	Rainbow Sprinkle Smoothie w/ Breakfast Bites	Grilled Chicken Salad w/ Goldfish Crackers	Smucker's Uncrustable w/ Grahams & Yogurt	Italian Hoagie w/ Shredded Romaine & Italian Dressing	Breakfast Bundle w/ Cereal, Hard Cooked Egg & Yogurt
Veggie Choice (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Twist Fries	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers Baked Beans	**Steve's Carrot Farm** Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers **Butternut Crumble**
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 **Local Apple Cider!**	**Creeper** Apple Slices Mandarin Oranges Dried Mixed Fruit Applesauce **FREE MC STICKERS!**	Apple Slices Mandarin Oranges Dried Mixed Fruit 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

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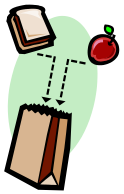
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ATTENTION PACKERS



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

	November 23	November 24
Main Entrée (Select 0 or 1)	Mozzarella Cheese Sticks w/ Marinara	**Holiday Meal!** Turkey Shaped Chicken Nuggets & Soft Pretzel
Grab-n-Go Entrée (Select 0 or 1)	Tortilla Chips w/ Cheese Dip & Hummus	Turkey Soft Pretzel, String Cheese & Sunflower Seeds
Veggie Choice (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Vegetable Juice	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn
Fruit Choice (Select 0 or 1)	Fresh Grapes Applesauce Dried Cranberries	Fresh Grapes Applesauce Dried Cranberries **Holiday Juice Cup**
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



Thanksgiving Break!

November 25-30

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
1-855-832-5226

MY SCHOOL BUCKS

Attention Parents!

We are pleased to announce that **FREE breakfast will once again be available to ALL Avonworth School District students during the 2026–27 school year**, thanks to continued funding from the Commonwealth of Pennsylvania.

In addition, **students who qualify for reduced-price meals will receive lunch at no cost** through state funding. Students who do not qualify for free or reduced-price meals will be charged the full price for lunch.

Free and Reduced Applications are available in the school offices, on the district website or at **www.compass.state.pa.us**. They should be completed and returned to any school office or mailed to:
Melissa Schad, Food Service Director
1310 Roosevelt Rd.
Pittsburgh, PA 15237

Free & Reduced-Price Meal Applications

A **new Free & Reduced-Price Meal Application must be submitted each school year**, even if your child qualified last year.

Exception: If your household receives a **Letter of Direct Certification**, you do **not** need to complete an application. Your child is automatically eligible for free meals.

- **If your child qualified for free or reduced-price meals during the 2025–26 school year**, your current eligibility will remain in effect until **October 6, 2026**. To continue receiving benefits after that date, you must submit a new application.
- **If your child did not qualify during the 2025–26 school year**, you should submit an application **before the first day of school** if you believe your household may now qualify. Until an application is approved, your child will be charged full price for lunch, and your household will be responsible for those charges.

Reminder: Free & Reduced-Price Meal Applications may be submitted **at any time during the school year** if your household's financial circumstances change.

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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.

November 2	November 3	November 4	November 5	November 6
5TH--HARRIS 4TH--LIBBON 3RD-- SIMPSON	5TH--HOHN 4TH--MITCHELL 3RD—STOTT	5TH--PECORA 4TH--MOORE 3RD-- SWARTZ	No Ice Cream Sales	5TH--MOORE 4TH--KOSTEWICZ 3RD—CWYNAR
November 9	**November 10**	**November 11**	**November 12**	**November 13**
5TH--TARASI 4TH--MUNCIE 3RD-- BASSALY	No Ice Cream Sales	No Ice Cream Sales	No Ice Cream Sales	5TH--DZADOVSKY 4TH--LEISTER 3RD-- LEIBACH
November 16	**November 17**	**November 18**	**November 19**	**November 20**
No Ice Cream Sales	No Ice Cream Sales	5TH--HARRIS 4TH--LIBBON 3RD-- SIMPSON	5TH--HOHN 4TH--MITCHELL 3RD—STOTT	5TH--PECORA 4TH--MOORE 3RD-- SWARTZ
November 23	**November 24**	**November 25**	**November 26**	**November 27**
5TH--MOORE 4TH--KOSTEWICZ 3RD—CWYNAR	No Ice Cream Sales	No School	No School	No School