

School Year 2021-2022: All students are eligible to receive a free Breakfast and Lunch daily.

**AVON GROVE CHARTER SCHOOL
Early Learning Center
December 2021
LUNCH**

Menu Subject to Change Without Notice

5 Components for Lunch:
Grain - Meat/Meat Alternate –
Fruit – Vegetable -Milk
Choose at least 3 – 1 must be a
Fruit or Vegetable.
Choose all 5 for a nutritious
meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>Lunch Entree</u> French Toast & Sausage Yogurt/Cheese Stick/Mini Cinni Buns <u>Sides</u> Raisins Steamed Green Beans Fresh Baby Carrots Milk	<u>Lunch Entree</u> Cheese Steak Sandwich Yogurt/Cheese Stick/Mini Cinni Buns <u>Sides</u> Diced Pears Cup Steamed Carrots Steamed Broccoli Milk	<u>Lunch Entree</u> Cheese Pizza Yogurt/Cheese Stick/Mini Cinni Buns <u>Sides</u> Applesauce Steamed Peas Romaine Salad Milk
6	7	8	9	10
<u>Lunch Entree</u> Breaded Chicken Patty Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Fresh Apple Wedges Mashed Potatoes Fresh Broccoli Milk	<u>Lunch Entree</u> Bosco Sticks w/Marinara Sauce Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Mixed Fruit Cup Fresh Baby Carrots Steamed Green Beans Milk	<u>Lunch Entree</u> Hamburger/Cheese Burger on Bun Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Banana Baked Beans Fresh Cucumber Slices Milk	<u>Lunch Entree</u> Meatball Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Applesauce Cup Fresh Celery Sticks Romaine Salad Milk	<u>Lunch Entree</u> Cheese Pizza Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Mandarin Orange Cup Steamed Broccoli Shredded Lettuce & Tomatoes Milk
13	14	15	16	17
<u>Lunch Entree</u> Pasta w/Meat Sauce Yogurt/Cheese Stick/Filled Strawberry Bagel <u>Sides</u> Applesauce Sauce Steamed Broccoli Steamed Corn Milk	<u>Lunch Entree</u> Mac & Cheese w/Bread Stick Yogurt/Cheese Stick/Filled Strawberry Bagel <u>Sides</u> Mixed Fruit Cup Fresh Celery Sticks Romaine Salad Milk	<u>Lunch Entree</u> Pancake w/Cheese Omelet Yogurt/Cheese Stick/Filled Strawberry Bagel <u>Sides</u> Mandarin Orange Cup Hash Browns Fresh Cucumber Slices Milk	<u>Lunch Entree</u> Popcorn Chicken w/Roll Yogurt/Cheese Stick/Filled Strawberry Bagel <u>Sides</u> Peach Fruit Cup Baked Beans Fresh Baby Carrots Milk	<u>Lunch Entree</u> Beef Nachos Yogurt/Cheese Stick/Filled Strawberry Bagel <u>Sides</u> Peach Fruit Cup Refried Beans Shredded Lettuce & Tomatoes Milk

20	21	22	23	24
<u>Lunch Entree</u> Grilled Cheese Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <u>Sides</u> Fresh Apple Wedges Tomato Soup Steamed Green Beans Milk	<u>Lunch Entree</u> Hot Dog on Roll Yogurt/Cheese Stick/Mini Cinni Buns <u>Sides</u> Peach Fruit Cup Baked Beans Potato Smiley Fries Milk	<u>Lunch Entree</u> French Toast & Sausage Yogurt/Cheese Stick/Mini Cinni Buns <u>Sides</u> Raisins Steamed Green Beans Fresh Baby Carrots Milk	Early Dismissal No Lunch Served Today	
27	28	29	30	31
				

What is a Lunch Meal: There are 5 Components for Lunch:

Grain - Meat/Meat Alternate - Fruit - Vegetable - Milk

Student may choose at least 3 and 1 must be a ½ cup Fruit or ½ Vegetable.

Choose all 5 for a nutritious meal.

BREAKFAST MENU - BELOW

Student May Choose At Least 3 Items and 1 Must be ½ cup Fruit or Fruit Juice.

Choose all items for a Nutritious Breakfast

School Year 2021-2022: All students are eligible to receive a **free Breakfast and Lunch** daily.

**AVON GROVE CHARTER SCHOOL
Early Learning Center
December 2021
BREAKFAST**

Healthy and Nutritious meals served daily in the cafeteria. Enjoy a free breakfast and lunch.

Menu Subject to Change Without Notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Breakfast Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	Breakfast Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	Breakfast Plain Mini Bagel Whole Grain w/Cream Cheese Fresh Apple Fruit Juice Milk
6	7	8	9	10
Breakfast Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk	Breakfast Whole Grain Muffin Yogurt Applesauce Cup Fruit Juice Milk	Breakfast Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	Breakfast Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	Breakfast Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk
13	14	15	16	17
Breakfast Whole Grain Donut Fresh Apple Wedges Fruit Juice Milk	Breakfast Plain Mini Bagel Whole Grain w/Cream Cheese Applesauce Cup Fruit Juice Milk	Breakfast Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	Breakfast Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	Breakfast Whole Grain Muffin Yogurt Fresh Apple Wedges Fruit Juice Milk
20	21	22	23	24
Breakfast Plain Mini Bagel Whole Grain w/Cream Cheese Mixed Fruit Cup Fruit Juice Milk	Breakfast Whole Grain Muffin Yogurt Fruit Juice Peach Fruit Cup Milk	Breakfast Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	Early Dismissal Breakfast Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	
27	28	29	30	
			31	

