

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

**AVON GROVE CHARTER SCHOOL  
Early Learning Center  
January 2022  
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.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<p><b><u>Lunch Entree</u></b> Grilled Cheese Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Fresh Apple Wedges Tomato Soup Steamed Green Beans <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Hot Dog on Roll Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Peach Fruit Cup Baked Beans Potato Smiley Fries <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> French Toast &amp; Sausage Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Raisins Steamed Green Beans Fresh Baby Carrots <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Cheese Steak Sandwich Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Diced Pears Cup Steamed Carrots Steamed Broccoli <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Cheese Pizza Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Applesauce Steamed Peas Romaine Salad <b>Milk</b></p>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<p><b><u>Lunch Entree</u></b> Breaded Chicken Patty Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Fresh Apple Wedges Mashed Potatoes Fresh Broccoli <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Bosco Sticks w/Marinara Sauce Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Mixed Fruit Cup Fresh Baby Carrots Steamed Green Beans <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Hamburger/Cheese Burger on Bun Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Banana Baked Beans Fresh Cucumber Slices <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Meatball Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Applesauce Cup Fresh Celery Sticks Romaine Salad <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Cheese Pizza Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Mandarin Orange Cup Steamed Broccoli Shredded Lettuce &amp; Tomatoes <b>Milk</b></p>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<p><b>No School Today</b></p> 	<p><b>No School Today</b></p> <p><b>Teacher In-Service</b></p>	<p><b><u>Lunch Entree</u></b> Pancake w/Cheese Omelet Yogurt/Cheese Stick/Filled Strawberry Bagel <b><u>Sides</u></b> Mandarin Orange Cup Hash Browns Fresh Cucumber Slices <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Popcorn Chicken w/Roll Yogurt/Cheese Stick/Filled Strawberry Bagel <b><u>Sides</u></b> Peach Fruit Cup Baked Beans Fresh Baby Carrots <b>Milk</b></p>	<p><b><u>Lunch Entree</u></b> Beef Nachos Yogurt/Cheese Stick/Filled Strawberry Bagel <b><u>Sides</u></b> Peach Fruit Cup Refried Beans Shredded Lettuce &amp; Tomatoes <b>Milk</b></p>

24	25	26	27	28
<b><u>Lunch Entree</u></b> Grilled Cheese Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Fresh Apple Wedges Tomato Soup Steamed Green Beans <b>Milk</b>	<b><u>Lunch Entree</u></b> Hot Dog on Roll Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Peach Fruit Cup Baked Beans Potato Smiley Fries <b>Milk</b>	<b><u>Lunch Entree</u></b> French Toast & Sausage Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Raisins Steamed Green Beans Fresh Baby Carrots <b>Milk</b>	<b><u>Lunch Entree</u></b> Cheese Steak Sandwich Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Diced Pears Cup Steamed Carrots Steamed Broccoli <b>Milk</b>	<b><u>Lunch Entree</u></b> Cheese Pizza Yogurt/Cheese Stick/Mini Cinni Buns <b><u>Sides</u></b> Applesauce Steamed Peas Romaine Salad <b>Milk</b>
31	Feb 1	Feb 2	Feb 3	Feb 4
<b><u>Lunch Entree</u></b> Breaded Chicken Patty Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Fresh Apple Wedges Mashed Potatoes Fresh Broccoli <b>Milk</b>	<b><u>Lunch Entree</u></b> Bosco Sticks w/Marinara Sauce Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Mixed Fruit Cup Fresh Baby Carrots Steamed Green Beans <b>Milk</b>	<b><u>Lunch Entree</u></b> Hamburger/Cheese Burger on Bun Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Banana Baked Beans Fresh Cucumber Slices <b>Milk</b>	<b><u>Lunch Entree</u></b> Meatball Sandwich Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Applesauce Cup Fresh Celery Sticks Romaine Salad <b>Milk</b>	<b><u>Lunch Entree</u></b> Cheese Pizza Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b><u>Sides</u></b> Mandarin Orange Cup Steamed Broccoli Shredded Lettuce & Tomatoes <b>Milk</b>

**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

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**AVON GROVE CHARTER SCHOOL**  
**Early Learning Center**  
**January 2022**  
**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
3	4	5	6	7
<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Mixed Fruit Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Peach Fruit Cup Milk	<b>Breakfast</b> Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	<b>Breakfast</b> Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Fresh Apple Fruit Juice Milk
10	11	12	13	14
<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Applesauce Cup Fruit Juice Milk	<b>Breakfast</b> Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	<b>Breakfast</b> Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk
17	18	19	20	21
<b>No School Today</b> 	<b>No School Today</b>  <b>Teacher In-Service</b>	<b>Breakfast</b> Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	<b>Breakfast</b> Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fresh Apple Wedges Fruit Juice Milk
24	25	26	27	28
<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Mixed Fruit Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Peach Cup Milk	<b>Breakfast</b> Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	<b>Breakfast</b> Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Fresh Apple Fruit Juice Milk
31	Feb 1	Feb 2	Feb 3	Feb 4
<b>Breakfast</b> Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Applesauce Cup Fruit Juice Milk	<b>Breakfast</b> Pop Tart- Whole Grain Yogurt Fresh Orange Slices Fruit Juice Milk	<b>Breakfast</b> Nutrigrain Bar Yogurt Fresh Banana Fruit Juice Milk	Plain Mini Bagel Whole Grain w/Cream Cheese Mandarin Orange Cup Fruit Juice Milk