

School Year 2021-2022: All students are eligible to receive a free healthy and nutritious Breakfast and Lunch daily. See a la carte pricing for items not part of the complete meal.

**AVON GROVE CHARTER SCHOOL**  
**State Road**  
**January 2022**  
**Lunch**

**Menu Subject to Change Without Notice**

*State Road Only: A La Carte -*  
**Cash Only**  
 \$2.00 - Main Entrée  
 \$0.75 – Sides (extra vegetable and fruit purchased in addition to complete meal)  
 \$1.00 – Water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Lunch Entree</b> Meatball Sandwich Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Pineapple Cup Fruit Juice Baby Carrots Steamed Green Beans <b>Milk</b> (9-12) Teddy Grahams	<b>Lunch Entree</b> Cheese Pizza Ham & Cheese Deli Sandwich <b>Sides</b> Mandarin Orange Cup Fruit Juice Steamed Corn Fresh Broccoli Florets <b>Milk</b>	<b>Lunch Entree</b> Hot Dog on Roll Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Applesauce Cup Craisins Baked Beans Fresh Celery Sticks <b>Milk</b> (9-12) Nutrigrain Bar	<b>Lunch Entree</b> Tangy Tangerine Chicken w/Rice Turkey & Cheese Deli Sandwich <b>Sides</b> Fresh Apple Slices Peach Fruit Cup Romaine Salad Coleslaw <b>Milk</b>	<b>Lunch Entree</b> Bosco Sticks w/Marinara Sauce Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Banana Fruit Juice Fresh Baby Carrots Lettuce/Tomato Salad <b>Milk</b>
10	11	12	13	14
<b>Lunch Entree</b> Pasta/Pasta with Meat Sauce Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Whole Fresh Apple Fruit Juice Steamed Corn Fresh Baby Carrots <b>Milk</b>	<b>Lunch Entree</b> Chicken Patty Sandwich Ham & Cheese Deli Sandwich <b>Sides</b> Mandarin Orange Cup Craisins Steamed Broccoli Coleslaw <b>Milk</b>	<b>Lunch Entree</b> Hamburger/Cheeseburger Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Strawberry Applesauce Fruit Juice Cucumber Slices Potato Smiley Fries (9-12) Mini Chocolate Chip Cookies <b>Milk</b>	<b>Lunch Entree</b> Beef Nachos Turkey & Cheese Deli Sandwich <b>Sides</b> Peach Fruit Cup Fruit Juice Refried Beans Shredded Lettuce/tomato salad <b>Milk</b> (9-12) Rice Krispies Treat	<b>Lunch Entree</b> Stromboli Yogurt/Cheese Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Sliced oranges Fresh Apple Slices Celery Sticks Steamed Green Beans <b>Milk</b>
17	18	19	20	21
<p style="text-align: center;"><b>No School Today</b></p> 	<p style="text-align: center;"><b>No School Today</b></p> <p style="text-align: center;"><b>Teacher In-Service</b></p>	<b>Lunch Entree</b> Grilled Cheese Sandwich Yogurt/Cheese Stick/Mini Cinni Buns <b>Sides</b> Mandarin Orange Cup Raisins Tomato Soup Fresh Baby Carrots (9-12) Nutrigrain Bar <b>Milk</b>	<b>Lunch Entree</b> Chicken Patty Sandwich Turkey & Cheese Deli Sandwich <b>Sides</b> Grapes Fruit Juice Potato Smiley Fries Fresh Cucumber Slices <b>Milk</b>	<b>Lunch Entree</b> Mini Pierogies Yogurt/Cheese Stick/Mini Cinni Buns <b>Sides</b> Banana Craisins Steamed Broccoli Romaine Salad (9-12) Goldfish Crackers <b>Milk</b>
24	25	26	24	28
<b>Lunch Entree</b> Meatball Sandwich Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Pineapple Cup Fruit Juice Baby Carrots Steamed Green Beans <b>Milk</b> (9-12) Teddy Grahams	<b>Lunch Entree</b> Cheese Pizza Ham & Cheese Deli Sandwich <b>Sides</b> Mandarin Orange Cup Fruit Juice Steamed Corn Fresh Broccoli Florets <b>Milk</b>	<b>Lunch Entree</b> Hot Dog on Roll Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Applesauce Cup Craisins Baked Beans Fresh Celery Sticks <b>Milk</b> (9-12) Nutrigrain Bar	<b>Lunch Entree</b> Tangy Tangerine Chicken w/Rice Turkey & Cheese Deli Sandwich <b>Sides</b> Fresh Apple Slices Peach Fruit Cup Romaine Salad Coleslaw <b>Milk</b>	<b>Lunch Entree</b> Bosco Sticks w/Marinara Sauce Yogurt/Cheese Stick/Mini Strawberry Filled Bagel <b>Sides</b> Banana Fruit Juice Fresh Baby Carrots Lettuce/Tomato Salad <b>Milk</b>

31	Feb 1	Feb 2	Feb 3	Feb 4
<b>Lunch Entree</b> Pasta/Pasta with Meat Sauce Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Whole Fresh Apple Fruit Juice Steamed Corn Fresh Baby Carrots <b>Milk</b>	<b>Lunch Entree</b> Chicken Patty Sandwich Ham & Cheese Deli Sandwich <b>Sides</b> Mandarin Orange Cup Craisins Steamed Broccoli Coleslaw <b>Milk</b>	<b>Lunch Entree</b> Hamburger/Cheeseburger Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Strawberry Applesauce Fruit Juice Cucumber Slices Potato Smiley Fries (9-12) Mini Chocolate Chip Cookies <b>Milk</b>	<b>Lunch Entree</b> Beef Nachos Turkey & Cheese Deli Sandwich <b>Sides</b> Peach Fruit Cup Fruit Juice Refried Beans Shredded Lettuce/tomato salad <b>Milk</b> (9-12) Rice Krispies Treat	<b>Lunch Entree</b> Stromboli Yogurt/Cheese Yogurt/Cheese Stick/Mini Cinnamon Filled Bagel <b>Sides</b> Sliced oranges Fresh Apple Slices Celery Sticks Steamed Green Beans <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**  
**State Road**  
**January 2022**  
**Breakfast**

**Menu Subject to Change Without Notice**

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**Cash Only**  
 \$2.00 - Main Entrée  
 \$0.75 – Sides (extra vegetable and fruit purchased in addition to complete meal)  
 \$1.00 – Water

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Breakfast</b> Whole Grain Pop Tart Yogurt Fruit Juice Diced Peaches Cup Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Diced Peach Fruit Cup Milk	<b>Breakfast</b> Assorted Cereal Yogurt Fruit Juice Mandarin Orange Cup Milk	<b>Breakfast</b> Whole Grain Bagel with Cream Cheese Fruit Juice Fresh Apple Slices Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Pineapple Cup Milk
10	11	12	13	14
<b>Breakfast</b> Whole Grain Pop Tart Yogurt Fruit Juice Craisins Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Diced Peach Fruit Cup Milk	<b>Breakfast</b> Assorted Cereal Yogurt Mandarin Orange Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Bagel with Cream Cheese Apple Slices Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Mandarin Orange Cup Milk
17	18	19	20	21
<b>No School Today</b> 	<b>No School Today</b> <b>Teacher In-Service</b>	<b>Breakfast</b> Assorted Cereal Yogurt Mandarin Orange Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Bagel with Cream Cheese Fruit Juice Fresh Apple Slices Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Pineapple Cup Milk
24	25	26	27	28
<b>Breakfast</b> Whole Grain Pop Tart Yogurt Fruit Juice Diced Peaches Cup Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Diced Peach Fruit Cup Milk	<b>Breakfast</b> Assorted Cereal Yogurt Fruit Juice Mandarin Orange Cup Milk	<b>Breakfast</b> Whole Grain Bagel with Cream Cheese Fruit Juice Fresh Apple Slices Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Pineapple Cup Milk
31	Feb 1	Feb 2	Feb 3	Feb 4
<b>Breakfast</b> Whole Grain Pop Tart Yogurt Fruit Juice Craisins Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Diced Peach Fruit Cup Milk	<b>Breakfast</b> Assorted Cereal Yogurt Mandarin Orange Cup Fruit Juice Milk	<b>Breakfast</b> Whole Grain Bagel with Cream Cheese Apple Slices Fruit Juice Milk	<b>Breakfast</b> Whole Grain Muffin Yogurt Fruit Juice Mandarin Orange Cup Milk

