

# October

**What is a Lunch Meal?**  
Lunch includes 5 components:  
Grain, Meat/Meat Alternate, Fruit, Vegetable & Milk  
Students Must choose at least 3 components and 1 must be 1/2 cup fruit or vegetable.  
Choose all 5 for a nutritious meal!



## Kemblesville ELC Lunch Menu 2023

AVON GROVE CHARTER SCHOOL

Lunch \$2.75

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**2**  
Popcorn Chicken w/Soft Pretzel  
Parmesan Chicken Sandwich  
Yogurt/Cheese Stick/Cinni Swirl

Steamed Green Beans  
Baby Carrots  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**3**  
BBQ Grilled Chicken Sandwich  
Loaded Baked Potato  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Veggie Juice  
Diced Peaches, Diced Pears  
Daily Milk Selection

**4**  
Corn Dog Minis  
Pierogies  
Yogurt/Cheese Stick/Cinni Swirl

Corn, Baked Beans  
Apple Slices, Fruit Juice  
Daily Milk Selection

**5**  
Stromboli w/Marinara  
Yogurt/Cheese Stick/Cinni Swirl  
Turkey/Cheese/Crackers

Cucumbers, Broccoli Salad  
Mandarin Cups, Sour Raisins  
Daily Milk Selection

**6**  
**1/2 Day  
No Lunches  
Served**

**9**  
**No School  
Teacher  
Inservice**

**10**  
Tangy Chicken W/Rice  
Fish Sticks w/Roll  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Veggie Juice  
Mandarin Orange Cup  
Sour Raisins  
Daily Milk Selection

**11**  
Chicken Alfredo w/Roll  
Mozzarella Sticks  
w/Marinara  
Yogurt/Cheese Stick/ Mini Cinnis  
Ham and Cheese on Roll

Celery, Steamed Broccoli  
Diced Peaches, Fruit Juice  
Daily Milk Selection

**12**  
Cheese Pizza  
Chicken Veggie Dumplings  
w/Sauce & Rice  
Yogurt/Cheese Stick/ Mini Cinnis

Lettuce & Tomatoes  
Chick Pea Salad  
Apple Slices, Fruit Juice  
Daily Milk Selection

**13**  
Stromboli w/Marinara Sauce  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Corn, Fresh Cauliflower  
Banana, Grapes  
Daily Milk Selection

**16**  
Cheese Steak Sandwich  
Garden Salad w/Roll  
Yogurt/Cheese Stick/Mini Cinnis

Peppers & Onions  
Lettuce & Tomatoes  
Apple Slices, Fruit Juice  
Daily Milk Selection

**17**  
Lasagna Roll Up w/ Garlic Toast  
French Toast w/Sausage  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Hash Brown Patty, Celery Sticks  
Mixed Fruit Cup, Applesauce  
Daily Milk Selection

**18**  
Walking Beef Taco  
Cheese Ravioli w/Garlic Knot  
Yogurt/Cheese Stick/Mini Cinnis  
Ham and Cheese on Roll

Fiesta Black Beans  
Cucumber Slices  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**19**  
Meatball Sandwich  
Chicken Thigh & Drumstick  
w/ Biscuit  
Yogurt/Cheese Stick/ Mini Cinnis  
Turkey/Cheese/Cracker Pack

Mashed Potatoes, Broccoli Salad  
Apple Slices, Sour Raisins  
Daily Milk Selection

**20**  
Pepperoni & Cheese Calzone  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Green Beans, Baby Carrots  
Banana, Grapes  
Daily Milk Selection

**23**  
Breaded Chicken Patty on Roll  
Cheese Tortellini W/ Meat Sauce & Roll  
Yogurt/Cheese Stick/Mini Cinni

Steamed Corn, Fresh broccoli  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**24**  
Chicken Quesadilla  
Sausage, Egg & Cheese on English Muffin  
Yogurt/Cheese Stick/ Mini Cinnis  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Steamed Green Beans  
Celery Sticks, Apple Sauce  
Sour Raisins  
Daily Milk Selection

**25**  
Grilled Cheese Sandwich  
Hot Dog on Roll  
Yogurt/Cheese Stick/Mini Cinni  
Ham and Cheese on Roll

Tomato Soup, Baked Beans  
Mandarin Cup, Fruit Juice  
Daily Milk Selection

**26**  
Hamburger/  
Cheeseburger on Roll  
Cheese Omelet w/Pancakes  
Yogurt/Cheese Stick/ Mini Cinnis  
Turkey/Cheese/Cracker Pack

Steamed Carrots, Broccoli Florets  
Apple Slices, Fruit Juice  
Daily Milk Selection

**27**  
Stuffed Crust Pepperoni Pizza  
Turkey/Cheese/Cracker Pack  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)

Veggie Juice, Baby Carrots  
Banana, Grapes  
Daily Milk Selection

**30**  
Popcorn Chicken w/Soft Pretzel  
Parmesan Chicken Sandwich  
Yogurt/Cheese Stick/Cinni Swirl

Steamed Green Beans  
Baby Carrots  
Orange Wedges, Fruit Juice  
Daily Milk Selection

**31**  
BBQ Grilled Chicken Sandwich  
Loaded Baked Potato  
Yogurt/Cheese Stick/Cinni Swirl  
PBJ Uncrustable/Cheese Stick/ Goldfish Pretzels (2nd & 3rd Grade Only)  
**\*Pumpkin Sugar Cookie\***  
Steamed Corn, Veggie Juice  
Diced Peaches, Diced Pears  
Daily Milk Selection



Daily Milk Selection includes:  
1% White Milk  
Non-Fat Chocolate Milk  
Non-Fat Strawberry Milk

To make a payment to your child's lunch account, please send in check or cash with the student's name. Checks can be made payable to "AGCS". Visit [Schoolcafe.com](http://Schoolcafe.com) for online payments and Free/Reduced price meal application.

# October

Breakfast is free for all students  
during the 2023-2024 School year!



## Kembsville ELC Breakfast Menu 2023

AVON GROVE CHARTER SCHOOL

MONDAY

Muffin  
Yogurt

Fruit Juice  
Clementine  
Daily Milk Selection

TUESDAY

Pop Tart  
Yogurt

Fruit Juice  
Sour Raisins  
Daily Milk Selection

WEDNESDAY THURSDAY

Cereal Bar  
Yogurt

Fruit Juice  
Craisins  
Daily Milk Selection

Banana Bread

Fruit Juice  
Apple Slices  
Daily Milk Selection

FRIDAY

Whole Grain  
Glazed Donut

Fruit Juice  
Banana  
Daily Milk Selection

Students must choose at least 3 items for a complete breakfast meal and 1 must be  
 $\frac{1}{2}$  cup of fruit or fruit juice.

\*Ala Carte Items are charged at \$1.00 each

