

Avonworth School District

PRIMARY/ELEMENTARY MENU

August– September 2022

This institution is an equal opportunity provider and employer.

Melissa Schad, Food Service Director
mschad@avonworth.k12.pa.us
412-366-6360 x1612



Eat Right, Future Bright!

Menu Subject to Change
See the District Website for additional info.

LUNCH MENU

BREAKFAST MENU

Featured Breakfast Offerings:

- Monday: Overnight Oats
- Tuesday: Pancake & Sausage on a Stick
- Wednesday: Dutch Waffle
- Thursday: Breakfast Pizza
- Friday: Turkey Ham & Cheese Stuffer

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 the list below in addition to fruit and/or juice and milk for a complete breakfast.

- Large Cereal Cup
- Whole Grain Muffin
- Whole Grain Pop Tart
- Whole Grain Cinnamon Roll
- Whole Grain Donut
- Benefit Bar
- Sweet Bread



The My Plate Portable Entrée Selection provides a great grab-n-go option for the students! Students may also choose a fruit, a milk and up to (2) veggies!

FREE/REDUCED MEAL APPLICATIONS	August 24	August 25	August 26		
<p>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 the school office or mailed to: Melissa Schad, 258 Josephs Lane, Pittsburgh, PA 15237</p> <p>Attention Parents! The federal funding that Avonworth received over the past two years to provide free meals to all students has ended. Families are required to pay for their students' meals for the 2022-23 School Year.</p> <p>Applications were not processed in the 2021-22 School Year so there is no 30-day carry-over for the 2022-23 School Year. Families must submit an application prior to the first day of school (If you did not receive a Letter of Direct Certification stating that you are automatically eligible) or your child will be charged full price for meals and you will be responsible for these charges.</p> <p>Reminder: Free & reduced applications are available for submission during the entire school year to account for any changes to your economic status.</p>	<p>WELCOME BACK! Chicken Nuggets w/Snack Crackers</p>	<p>Breakfast 4 Lunch! Apple Cinnamon Texas Toast w/ Sausage Patty</p>	<p>French Bread Pizza</p>		
	<p>Smoothie, Cereal & Hard Cooked Egg</p>	<p>Smuckers Uncrustable</p>	<p>Italian Hoagie</p>		
	<p>Baby Carrots Romaine Salad Sliced Cucumber</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers</p>		
	<p>Apple Slices Mandarin Oranges Dried Cherries Applesauce</p>	<p>Apple Slices Mandarin Oranges Dried Cherries Applesauce 100% Fruit Juice</p>	<p>Apple Slices Mandarin Oranges Dried Cherries Applesauce</p>		
	<p>1% White or Fat Free Chocolate Milk</p>	<p>1% White or Fat Free Chocolate Milk</p>	<p>1% White or Fat Free Chocolate Milk</p>		
	August 29	August 30	August 31	September 1	September 2
<p>Main Entrée (Select 0 or 1)</p>	<p>Dog Days of Summer! Hot Dog on a Bun Scooby Doo Treat</p>	<p>Cheese Filled Breadstick w/ Dipping Sauce</p>	<p>Breakfast 4 Lunch! Maple Pancakes, Yogurt Cup & Sausage Links</p>	<p>Popcorn Chicken w/ Roll</p>	<p>Mini Pizza Bagels</p>
<p>My Plate Portable (Select 0 or 1)</p>	<p>Tortilla Chips, String Cheese & Salsa Cup</p>	<p>Turkey & American Cheese Roll-ups w/ Crunch & Crave Crackers</p>	<p>Smuckers Uncrustable</p>	<p>Pita Wedges and Pizza Hummus</p>	<p>Yogurt, Benefit Bar & Sausage Links</p>
<p>Veggie Choice (Select 0, 1 or 2)</p>	<p>Twist Fries Baby Carrots Romaine Salad Sliced Cucumbers</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers Mediterranean Bean Salad</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers Mediterranean Bean Salad</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers Mediterranean Bean Salad</p>	<p>Baby Carrots Romaine Salad Sliced Cucumbers Mediterranean Bean Salad</p>
<p>Fruit Choice (Select 0 or 1)</p>	<p>Fruit Cocktail Dried Cranberries Applesauce 100% Fruit Juice</p>	<p>Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce</p>	<p>Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce</p>	<p>Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce 100% Fruit Juice</p>	<p>Fresh Grapes Fruit Cocktail Dried Cranberries Applesauce</p>
<p>Milk Choice (Select 0 or 1)</p>	<p>1% White or Fat Free Chocolate</p>	<p>1% White or Fat Free Chocolate</p>	<p>1% White or Fat Free Chocolate</p>	<p>1% White or Fat Free Chocolate</p>	<p>1% White or Fat Free Chocolate</p>

We all know that proper nutrition is an essential component to learning. The Avonworth Cafeteria Staff will strive to prepare healthy school meals and provide outstanding service to feed the brains of our students!

Meal/Snack Prices



Paid Breakfast	\$1.70
Reduced Breakfast	\$.30
Adult Breakfast	\$2.30
Paid Lunch	\$2.80
Reduced Lunch	\$.40
Adult Lunch	\$4.70
Milk	\$.60
Bottled Water—Large	\$1.00
Bottled Water—Small	\$.50
Ice Cream /Treat (AES)	\$1.00




CAFETERIA STAFF NEEDED!

NO EXPERIENCE NECESSARY!
Work during regular school hours.
Great job for semi-retirees or stay at home moms/dads!
Earn Extra \$\$\$

MSCHAD@AVONWORTH.K12.PA.US
For more information

	September 5	September 6	September 7	September 8	September 9
<i>Main Entrée (Select 0 or 1)</i>	<p>No School!</p>  <p>Have A Safe Holiday Weekend!</p> 	(8) Chicken Fries w/Pretzel	Toasty Grilled Cheese Sandwich	Breakfast 4 Lunch! Blueberry Waffle w/ Scrambled Eggs	Big Daddy's Cheese Pizza
<i>My Plate Portable (Select 0 or 1)</i>		Tortilla Chips, String Cheese & Salsa Cup	Smoothie, Cereal & Hard Cooked Egg	Smuckers Uncrustable	Italian Hoagie
<i>Veggie Choice (Select 0, 1 or 2)</i>		Mashed Potatoes Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar
<i>Fruit Choice (Select 0 or 1)</i>		Fresh Orange Canned Pears Raisins Applesauce 100% Fruit Juice	Fresh Orange Canned Pears Raisins Applesauce	Fresh Orange Canned Pears Raisins Applesauce 100% Fruit Juice	Fresh Orange Canned Pears Raisins Applesauce
<i>Milk Choice (Select 0 or 1)</i>		1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

	September 12	September 13	September 14	September 15	September 16
<i>Main Entrée (Select 0 or 1)</i>	<p>Happy Birthday Day! Birthday Treat Cheeseburger</p> 	Breakfast 4 Lunch! French Toast Sticks w/ Smoothie	Mozzarella Cheese Sticks w/ Marinara	Chicken Tenders w/ Goldfish Crackers	Stuffed Crust Pizza
<i>My Plate Portable (Select 0 or 1)</i>	Pita Wedges and Pizza Hummus	Turkey & American Cheese Roll-ups w/ Crunch & Crave Crackers	Yogurt, Benefit Bar & Sausage Links	Smuckers Uncrustable	PBJ Bagel & Yogurt
<i>Veggie Choice (Select 0, 1 or 2)</i>	French Fries Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers White Bean Tuscan Salad
<i>Fruit Choice (Select 0 or 1)</i>	Fresh Apple Peaches Dried Cherries Applesauce 100% Fruit Juice	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Peaches Dried Cherries Applesauce	Fresh Apple Peaches Dried Cherries Applesauce 100% Fruit Juice	Fresh Apple Peaches Dried Cherries Applesauce
<i>Milk Choice (Select 0 or 1)</i>	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

CAFETERIA PAYMENT PROCEDURES

Enrolled students will automatically have a cafeteria account. This account can be accessed using the student's last name or student ID#. APC/AES students will be issued an ID card on a lanyard to be used for meal purchases. Cafeteria staff will access the barcode on their ID card using a handheld scanner. Parents may fund their student's cafeteria account by using the *My School Bucks* on-line payment system (a fee is charged for this service) or by sending payment with their student. Prepayments are accepted any day and for any amount. Checks are the preferred method of payment and will act as your receipt. Please include student name and/or ID number on the check made payable to the *Avonworth Cafeteria Fund*. Students may purchase breakfast, lunch and extras using the money in their cafeteria account. Students with a zero or negative balance in their cafeteria account will not be denied a meal but will not be permitted to purchase "extras". Please be aware that balances are carried over each year and from one school to another.

For more info see, "*Avonworth School Meal Payment/Charge Procedures*" on the District Website Nutrition Services Page.

Please visit the Nutrition Services Page of the Avonworth Website for additional program information and resources!



Our program sources local produce when available!

Menu Subject to Change



See the District Website for additional info.




What is My School Bucks?

My School Bucks is an online payment service that provides parents 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 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

	September 19	September 20	September 21	September 22	September 23
<i>Main Entrée</i> (Select 0 or 1) 	Try Something New! Cheesy Pull-A-Parts Talk Like a Pirate Day! Shiver me timbers	Breaded Chicken Patty on a Bun	Breakfast 4 Lunch! Maple Waffle w/ Smoothie 	National Ice Cream Day County Fair Corn Dog on a Stick Ice Cream Treat w/lunch	Friday Fun Day! Pizza Slice
<i>My Plate Portable</i> (Select 0 or 1)	Tortilla Chips, String Cheese & Salsa Cup	Flatbread Wedges Marinara Cup & Shredded Mozzarella Cheese	Smuckers Uncrustable	Smoothie, Cereal & Hard Cooked Egg	Italian Hoagie
<i>Veggie Choice</i> (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Lentil Pasta Salad
<i>Fruit Choice</i> (Select 0 or 1)	Fresh Grapes Juicy Pineapple Dried Cranberries Applesauce 100% Fruit Juice	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
<i>Milk Choice</i> (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

	September 26	September 27	September 28	September 29	September 30
<i>Main Entrée</i> (Select 0 or 1)	National Pancake Day! Fruity Pancakes w/ Yogurt Cup	Taco in a Bag w/ Taco Meat, Lettuce & Cheese	Chicken Smackers w/ Brown Rice & General Tso Dipping Sauce	Lucky Tray Day! Stuffed Pasta w/ Breadstick 	Wild Mike's Pizza
<i>My Plate Portable</i> (Select 0 or 1)	PBJ Bagel & Yogurt Cup	Smuckers Uncrustable	Pita Wedges and Pizza Hummus	Yogurt, Benefit Bar & Sausage Links	Turkey & American Cheese Roll-ups w/ Crunch & Crave Crackers
<i>Veggie Choice</i> (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar	Baby Carrots Romaine Salad Sliced Cucumbers Cowboy Caviar
<i>Fruit Choice</i> (Select 0 or 1)	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce	Fresh Orange Strawberries Raisins Applesauce 100% Fruit Juice	Fresh Orange Strawberries Raisins Applesauce
<i>Milk Choice</i> (Select 0 or 1)	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate	1% White or Fat Free Chocolate

What is included in a School Breakfast?

1. Whole Grain Bread Item (1 or 2 from this group)
 2. Meat/Meat Alternative (optional)
 3. Fruit, Vegetable and/or 100% Juice (1 or 2 from this group*)
 4. 1% or Fat Free Milk
- *There is a (1) selection limit for fruit/vegetable juice and potato products

Make sure to pick 3 or 4 of the items, one of which MUST be a fruit for a complete meal! If you take less than 3 items or do not take a fruit or vegetable, you will be charged a different, ala carte price, as required by National School Breakfast Program regulations.

What is included in a School Lunch?

1. Meat/Meat Alternative
 2. Milk
 3. Vegetable (0, 1 or 2 selections from this group*)
 4. Fruit (0 or 1 selection from this group*)
 5. Bread/Bread Alternative
- *There is a (1) selection limit for fruit/vegetable juice and potato products

Make sure to pick 3, 4, or ALL 5 of the components with each meal, one of which must be a fruit or vegetable! If you take less than 3 items or do not take a fruit or vegetable, you will be charged a different, ala carte price, as required by National School Lunch Program regulations.