



MIDDLE/HIGH SCHOOL MENU

MAY 22- JUNE 2, 2023

This institution is an equal opportunity provider and employer.

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

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



Eat Right, Future Bright!

BREAKFAST MENU

BREAKFAST IS FREE TO ALL STUDENTS THROUGH THE 2022-2023 SCHOOL YEAR!

The following 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

LUNCH MENU



DUE TO STAFFING SHORTAGES, THE MIDDLE SCHOOL SERVING LINE WILL BE CLOSED UNTIL FURTHER NOTICE. ALL OPTIONS WILL BE AVAILABLE IN THE HIGH SCHOOL SERVING LINE.

	MAY 22	MAY 23	MAY 24	MAY 25	MAY 26
LINE 1 (Left Side)	Mushroom & Swiss or Plain Cheeseburger \$2.90	Chicken & Veggie Pot Stickers (6) w/ General Tso Sauce \$3.55	Chicken Selections (strips, nuggets, spicy, Popcorn) w/ Grain Or Mozzarella Sticks \$2.90	Sandwich Selections Meatball & Cheese Turkey & Cheese Ham & Cheese Sloppy Joe Grilled Chicken \$2.90	Cheese Pizza Selections \$2.90 Specialty Pizza Selections \$3.55
LINE 2 (Right Side)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)
Vegetable Options (Select 0, 1 or 2)	Baby Carrots Romaine Salad Sliced Cucumbers Rodeo Bean Salad	Baby Carrots Romaine Salad Sliced Cucumbers Rodeo Bean Salad	Baby Carrots Romaine Salad Sliced Cucumbers Rodeo Bean Salad	Baby Carrots Romaine Salad Sliced Cucumbers Rodeo Bean Salad	Baby Carrots Romaine Salad Sliced Cucumbers Rodeo Bean Salad
Fruit AMS (Select 0 or 1) AHS (Select 0, 1 or 2) Juice -limit 1	Fresh, Canned and Dried Fruit Selections	100% Juice, Fresh, Canned and Dried Fruit Selections	Fresh, Canned and Dried Fruit Selections	Fresh, Canned and Dried Fruit Selections	Frozen Juice Cup! Fresh, Canned and Dried Fruit Selections
Milk Options (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



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 Prices

Reduced Breakfast	\$.30
Adult Breakfast	\$2.30
Paid Lunch	\$2.90
Premium Lunch	\$ 3.55
Reduced Lunch	\$.40
Adult Lunch	\$4.70
Milk	\$.60

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	MAY 29	MAY 30	MAY 31	JUNE 1	JUNE 2
LINE 1 (Left Side)	NO School!	Pasta Day! Macaroni & Cheese Ravioli & Marinara w/ Grain Selection	Pulled Pork on a Hawaiian Roll	Chicken Drumstick w/ Waffle	Cheese Pizza Selections \$2.90 Specialty Pizza Selections \$3.55
LINE 2 (Right Side)	memorial DAY Please pay off any meal debt from your child's cafeteria account before Friday!	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Italian Hoagie (\$2.90) Uncrustable (\$2.90) Triple Dip & Tortilla Chips (\$2.90) Breakfast Bundle (\$2.90) Cereal + Yogurt+ Egg Grilled, Breaded or Spicy Chicken Salad w/ Sweet Bread (\$3.55)
Vegetable Options (Select 0, 1 or 2)	Questions? 412-366-6360 x 1612 or Mschad@avonw orth.k12.pa.us	Baby Carrots Romaine Salad Sliced Cucumber	Baby Carrots Romaine Salad Sliced Cucumber Baked Beans	Baby Carrots Romaine Salad Sliced Cucumber	Baby Carrots Romaine Salad Sliced Cucumber
Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1		Fresh, Canned and Dried Fruit Selections	Fresh, Canned and Dried Fruit Selections	Fresh, Canned and Dried Fruit Selections	Fresh, Canned and Dried Fruit Selections
Milk Options (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



MAY Spotlight Asparagus





summer youth café

Healthy and free meals at a site near you!

- ➔ Open to all youth ages 18 and under
- ➔ No cost or sign-up required
- ➔ Served at a site near you!

Call 2-1-1 or Text "FOOD" to 304-304 to find other sites in your area.
This organization is an equal opportunity provider.

