



Avonworth School District

# MIDDLE/HIGH SCHOOL MENU

September 12-30, 2022

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!

## 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



	September 12	September 13	September 14	September 15	September 16
<b>THESE ITEMS ARE OFFERED IN THE HIGH SCHOOL CAFETERIA SERVING LINE</b>					
<b>LINE 1 (Left Side)</b>	French Toast Sticks with Yogurt Cup & Sausage Patty (\$2.90)	Scratch Made Chicken Tikka Masala over Rice w/Breadstick (\$2.90)	Ham & Cheese Panini (\$2.90)	Swedish Meatball, Mashed Potato & Gravy Bowl w/ Roll (\$2.90)	Twisted Breadsticks & Dipping Sauce (\$3.55)  Buffalo Chicken Pizza (\$3.55)
<b>LINE 2 (Right Side)</b>	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Cheeseburger (\$2.90) Chicken Nuggets & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Bacon, Egg & Cheese Croissant (\$2.90) Corn Dog (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Grilled Cheese (\$2.90) Chicken Strips & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) BBQ Rib Sandwich (\$2.90) Mozzarella Cheese Sticks w/Sauce (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Fish Sandwich (\$2.90) Chicken Fries & Snack Crackers (\$2.90)
<b>THESE ITEMS ARE OFFERED IN THE MIDDLE SCHOOL CAFETERIA SERVING LINE</b>					
<b>ALL Snack &amp; Beverage Sales will be offered in the Middle School Cafeteria Serving Line ONLY</b>	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)	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)	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)	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)	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)
<b>Vegetable Options (Select 0, 1 or 2)</b>	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn Salad White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn Salad White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn Salad White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn Salad White Bean Tuscan Salad	Baby Carrots Romaine Salad Sliced Cucumbers Sweet Corn Salad White Bean Tuscan Salad
<b>Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1</b>	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
<b>Milk Options (Select 0 or 1)</b>	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**

Paid Breakfast	\$1.70
Reduced Breakfast	\$ .30
Adult Breakfast	\$2.30
Paid Lunch	\$2.90
Premium Lunch	\$ 3.55
Reduced Lunch	\$ .40
Adult Lunch	\$4.70
Milk	\$ .60



**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 19	September 20	September 21	September 22	September 23
<b>THESE ITEMS ARE OFFERED IN THE HIGH SCHOOL CAFETERIA SERVING LINE</b>					
<b>LINE 1 (Left Side)</b>	<b>Chicken &amp; Waffle</b> Chicken Drumstick & Waffle (\$2.90)	Sweet & Sour Chicken over Rice w/Egg Roll (\$3.55)	<b>Try Something New!</b> Cheesy Pull Apart (\$2.90)	Scratch Made Sloppy Joe on a Bun w/ Chips (\$2.90)	Big Daddy's Pizza (\$2.90)  Mexican Pizza (\$3.55)
<b>LINE 2 (Right Side)</b>	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Cheeseburger (\$2.90) Chicken Nuggets & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Bacon, Egg & Cheese Croissant (\$2.90) Corn Dog (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Grilled Cheese (\$2.90) Chicken Strips & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) BBQ Rib Sandwich (\$2.90) Mozzarella Cheese Sticks w/Sauce (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Fish Sandwich (\$2.90) Chicken Fries & Snack Crackers (\$2.90)
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<b>Vegetable Options (Select 0, 1 or 2)</b>	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad Lentil Pasta Salad	Baby Carrots Romaine Salad Sliced Cucumbers Street Corn Salad Lentil Pasta Salad
<b>Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1</b>	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
<b>Milk Options (Select 0 or 1)</b>	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#. 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](http://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 26	September 27	September 28	September 29	September 30
<b>THESE ITEMS ARE OFFERED IN THE HIGH SCHOOL CAFETERIA SERVING LINE</b>					
<b>LINE 1 (Left Side)</b>	Apple Cinnamon Texas Toast, Sausage Patty & Smoothie (\$2.90)	Nacho Cheese Doritos w/ Seasoned Beef, Shredded Lettuce & Cheddar (\$2.90)	Hot Dog on a Bun w/ Chips (\$2.90)	Rotini w/ Meat Sauce & a Breadstick (\$2.90)	Stuffed Crust Pizza (\$2.90)  Philly Cheesesteak Pizza (\$3.55)
<b>LINE 2 (Right Side)</b>	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Cheeseburger (\$2.90) Chicken Nuggets & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Bacon, Egg & Cheese Croissant (\$2.90) Corn Dog (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Grilled Cheese (\$2.90) Chicken Strips & Snack Crackers (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) BBQ Rib Sandwich (\$2.90) Mozzarella Cheese Sticks w/Sauce (\$2.90)	Premium Chicken Sandwich (\$3.55) Premium Spicy Chicken Sandwich (\$3.55) Fish Sandwich (\$2.90) Chicken Fries & Snack Crackers (\$2.90)
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<b>Fruit AMS (Select 0 or 1) AHS (Select 0,1 or 2) Juice -limit 1</b>	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
<b>Milk Options (Select 0 or 1)</b>	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.**