

Lunch Menu for November 2021

Definition of Lunch:

1 Entrée with Grain/ Bread Item, Up to 2 Vegetables, &/or Fruit and Milk

USDA has extended the free lunch program. All student meals are free throughout the school year.

Lunch Helper

Come and see us for milk and items to compliment your lunch for FREE!

A Second Entrée Choice Along with Veggies and Fruits Available Daily

Monday

Ranch Turkey Wrap with Cheese

Tuesday

Munch Box with Turkey Stick, String Cheese, Cheez-Its, Graham Crackers and Yogurt

Wednesday

Make Your Own Pizza (Flatbread, Pizza Sauce, Mozzarella Cheese and Pepperoni)




Thursday

Soft Pretzel with Cheese Sauce, Turkey Stick and Yogurt

Friday

Whole Grain Cereal, Yogurt and String Cheese

Menu is subject to change. We will notify you of menu

Monday, November 1	Tuesday, November 2	Wednesday, November 3	Thursday, November 4	Friday, November 5
Day 1 Chicken Nuggets with Graham Crackers Fries Veggie Cup Fruit	Day 2 Hot Dog Baked Beans Side Salad Fruit	Day 3 Pasta with Meatballs Garlic Knot Side Salad and Fruit	Day 4 Deep Dish Cheese Pizza / Seasoned Green Beans Veggie Cup and Fruit	Day 1 Grilled Cheese with Tomato Soup Veggie Cup and Fruit
Monday, November 8	Tuesday, November 9	Wednesday, November 10	Thursday, November 11	Friday, November 12
Day 4 Corn Dog Baked Beans Veggie Cup and Fruit LUCKY TRAY DAY!!	Day 1 Sweet and Sour Chicken Fried Rice Broccoli Side Salad and Fruit	Day 2 <u>Nachos Grande</u> Beef w/ Nacho Chips, Cheese Sauce, Lettuce, Tomato, Salas, Sour Cream Fruit		Day 3 Chicken Salad Sweet Peas Veggie Cup and Fruit
Monday, November 15	Tuesday, November 16	Wednesday, November 17	Thursday, November 18	Friday, November 19
Day 4 Chicken Nuggets Dinner Roll Broccoli Veggie Cup and Fruit	Day 1 <u>Breakfast For Lunch!</u> French Toast Sticks, Sausage, Hash brown, Juice and Fruit	Day 2 Deep Dish Cheese Pizza Sweet Peas Veggie Cup and Fruit	Day 3 <u>Thanksgiving Dinner!</u> Turkey and Gravy, Stuffing, Mashed Potatoes, Green Bean Casserole, Cranberries, Dessert	Day 4 Cheeseburger Seasoned Fries Veggie Cup and Fruit
Monday, November 22	Tuesday, November 23	Wednesday, November 24	Thursday, November 25	Friday, November 26
Day 1 <u>Popcorn Chicken Bowl</u> Breaded Chicken, Mashed Potatoes, Corn, Gravy, Cheese, Dinner Roll, Apple	Day 2 Pasta with Meatballs Garlic Breadsticks Side Salad and Fruit	Day 3 Mozzarella Twist with a Sauce Cup Mixed Veggies Veggie Cup and Fruit		
Monday, November 29	Tuesday, November 30	Wednesday	Thursday	Friday
	Day 4 Chicken Nuggets Seasoned Corn Dinner Roll Veggie Cup and Fruit	<u>We try our best to offer what is on the menu. Please be understanding with menu changes, they are out of our control.</u> 	APPLES WILL BE FRESH GROWN AND DELIVERED FROM BROWN'S ORCHARD 	Kindergarten snack milk is \$.65 per milk. If your child takes a milk, the funds will be taken out of their cafeteria account.

Questions? Contact: Heather Poirier, Food Service Director @ 724-356-2218 ext. 3312 or email poirierh@avellasd.org

Make Cafeteria checks payable to Avella Cafeteria. Please use separate checks for JSHS students. Please enclose cash payments in an envelope with ID number or name.

Accounts are intended to be debit, not credit. Automated phone calls are placed to remind parents of negative balances.

Free and Reduced Applications are accepted all year, however they are not retroactive.