

# SEPTEMBER 2022

Avella Elementary  
(Menu Subject to Change Without Notice)

Student Paid Lunch: \$2.55  
Reduced Lunch: \$ .40  
Adult Lunch: \$4.15  
Ala Carte Milk: \$ .65

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**Daily Alternate Entrees:** **Monday:** Ham, Cheese and Crackers

**Tuesday:** Deli Hoagie

**Wednesday:** Make Your Own Pizza

**Thursday:** Monster Cookie Dough with Graham Crackers

**Friday:** Cereal Munch Box with String Cheese

**What's a meal?** Choose at least 3 of the 5. Meat/ Meat Alternative, Grain/ Bread, Veggie, Fruit, Milk



5

Day 4

Breaded Chicken Sandwich  
Baked Beans  
Veggie Cup  
Apple

6

Day 1 **Lucky Tray Day!**

Pasta and Meatballs  
Garlic Breadstick  
Side Salad  
Apple Slices

7

Day 2

Mac-N-Cheese  
Broccoli Trees  
Side Salad  
Peaches

1

Day 3

Turkey and Gravy over  
Biscuits/ Mashed Potatoes  
Veggie Cup  
Applesauce

2

12

Day 4 **Popcorn Chicken Bowl**  
Breaded Chicken, Mashed Potatoes, Corn, Gravy and Cheese with a Dinner Roll  
Apple

Day 1

Mini Corn Dogs  
Crinkle Fries  
Side Salad  
Orange

13

Day 2 **Nachos Grande**

Seasoned Beef, Chips, Cheese Sauce, Shredded Lettuce, Tomatoes, Salsa, Sour Cream/ Black Beans/ Apple Slices

14

Day 3

Yogurt Cup, Soft Pretzel, Cheese Sauce  
Broccoli  
Veggie Cup  
Peaches

15

Day 4

Big Daddy Pepperoni Pizza  
Glazed Carrots  
Veggie Cup  
Applesauce

16

19

Day 1  
Tangerine Chicken  
Fried Rice  
Seasoned Broccoli  
Veggie Cup/ Apple

Day 2

Chicken Nuggets  
Seasoned Corn  
Dinner Roll  
Veggie Cup/ Orange

20

Day 3

Breakfast for Lunch  
French Toast Sticks  
Hash Browns/ Sausage  
Dragon Juice/ Apple Slices

21

Day 4

Cheeseburger  
Seasoned Fries  
Shredded Lettuce Cup  
Peaches

22

Day 1

Mozzarella Twists with Marinara Sauce  
Seasoned Peas  
Veggie Cup/ Applesauce

23

26

Day 2  
Breaded Chicken Sandwich  
Potato Smiles  
Veggie Cup  
Apple

Day 3

Cheese Ravioli  
Garlic Bread  
Side Salad  
Orange

27

Day 4

Hot Dog  
Baked Beans  
Veggie Cup  
Apple Slices

28

Day 1

Chicken Quesadilla  
Black Bean Salad  
Veggie Cup  
Peaches

29

Day 2

Pizza Bagels  
Seasoned Corn  
Veggie Cup  
Applesauce

30

**Questions? Contact Heather Poirier, Food Service Director @ 724-356-2218 ext. 3312 or email [poirierh@avellasd.org](mailto:poirierh@avellasd.org)**

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