



AASD
Home of the Eagles!

Avella JS/HS May/June

Questions about your child's cafeteria account or status? Contact: Heather Poirier, Food Service Director at 724-356-2218



GRAB -N-GO LUNCH!!

Monday

Italian Hoagie with Chips, Veggies with Ranch, Orange, Rice Krispy Treat

Tuesday:

Uncrustable/ OR Turkey Club (P) with Chips, Veggies with Ranch, Apple Slices and Rice Krispy Treat

Wednesday:

Turkey and Cheese Sub, Chips, Veggies with Ranch, Peaches and Rice Krispy Treat

Thursday:

Ham and American on a Hoagie Bun, Chips, Veggies with Ranch, Pears and Rice Krispy Treat

Friday:

Turkey Wrap with Cheese, Chips, Veggie Cup with Ranch, Applesauce and Rice Krispy Treat

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.

Menu subject to change without notice.

Adult Lunch:
\$3.50/ \$4.00 (P)
(Adults may sub 16 oz. plain water for milk.)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/3 Breaded Chicken Drumsticks, Dinner Roll and Corn OR Nachos with Cheese Sauce, Salsa and Sour Cream, Shredded Lettuce Cup and Orange	5/4 <u>Breakfast for Lunch</u> French Toast Sticks with Sausage, Hash Brown and Juice OR Cheese Pizza with Peas, Veggie Cup and Apple Slices	5/5 <u>Cinco DE Mayo</u> Chicken Quesadillas OR Ranch Chicken Bacon Wrap, Shredded Lettuce Salad, Peaches and <u>Churro for Dessert</u>	5/6 Salisbury Steak with Gravy and Mashed Potatoes OR Pepperoni Pizza with Green Beans, Veggie Cup and Mixed Fruit	5/7 <u>Lunch Hero Day!</u> Let the Ladies know you Appreciate them! Pittsburgh Chicken Salad with a Garlic Knot OR Chicken Sandwich with Fries, Side Salad and Strawberries
5/10 Clux Delux Chicken Sandwich with Fries (P) OR Beef Nachos w/ Cheese Sauce, Salsa and Sour Cream, Shredded Lettuce Cup// Orange	5/11 Pittsburgh Steak Salad with a Garlic Knot OR Cheese Pizza with Peas, Veggie Cup and Apple Slices	5/12 Homemade Chicken Noodle Soup with a Warm Turkey Club OR Ranch Chicken Bacon Wrap with Fries, Side Salad and Peaches	5/13 Chicken Parmesan with Pasta and Garlic Knot (P) OR Pizza Burger with Peas, Veggie Cup and Mixed Fruit	
5/17 Cheeseburger with Baked Beans OR Beef Nachos w/ Cheese Sauce, Salsa and Sour Cream, Shredded Lettuce Cup// Orange	5/18 Baked Ziti with Meat Sauce and a Garlic Knot OR Cheese Pizza with Mixed Vegetables, Veggie Cup and Apple Slices	5/19 <u>Volcano Bowl</u> Popcorn Chicken with Mashed Potatoes, Corn, Gravy, Cheddar Cheese and Dinner Roll OR Ranch Chicken Bacon Wrap with Fries, Side Salad /Peaches	5/20 Grilled Cheese OR Pepperoni Pizza, Tomato Soup, Veggie Cup and Mixed Fruit	5/21 Twin Hot Dogs Or Chicken Sliders, Fries, Veggie Cup and Strawberries
5/24 Clux Delux Chicken Sandwich with Fries (P) OR Beef Nachos w/ Cheese Sauce, Salsa and Sour Cream, Shredded Lettuce Cup// Orange	5/25 Salisbury Steak Served Over Buttered Noodles with a Dinner Roll OR Cheese Pizza, Sweet Peas, Veggie Cup and Apple Slices	5/26 General Tso Chicken With Fried Rice and Broccoli (P) Or Ranch Chicken Bacon Wrap with Fries, Side Salad and Peaches	5/27 Diana's BBQ Chicken with Cornbread Or Pepperoni Pizza, Baked Beans, Veggie Cup and Mixed Fruit	5/28 Cheeseburger OR Chicken Sliders, Fries, Veggie Cup and Strawberries
 MEMORIAL DAY	6/1 Buffalo Chicken Panini OR Cheese Pizza, Corn, Veggie Cup and Apple Slices	6/2 Cheeseburger OR Chicken Sandwich, Fries, Side Salad and Peaches	6/3 Miss Diana's Choice of Entrees	6/4 Miss Diana's Choice of Entrees

IMPORTANT INFORMATION FOR PARENTS: Cafeteria accounts are intended to be debit, not credit accounts. Want to avoid your child having a negative balance account? Check out myschoolbucks.com. All families* are encouraged to set up a FREE account to track your child's café account balance/activity at your convenience. All you need is birth date & ID#. Negative balance calls are made 1-2 times a week at JSHS. Students may discreetly ask cashier for their balance. (Students cannot charge ala carte/extra items). You can receive personal low/negative balance reminders via e-mail or text for FREE. (There's only a fee for online payments). You may contact MSB at (855) 832-5226 or at support@myschoolbucks.com