



**AASD**  
Home of the Eagles!

# Avella JS/HS October 2021

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



## Line B Favorites!!

### Monday

Buffalo Chicken and Cheese Panini with Fries  
OR Pizza

### Tuesday

Beef Nachos with Cheese Sauce, Refried Beans, Salsa, Sour Cream and Shredded Lettuce Cup OR Pizza

### Wednesday

Chicken Tenders with Fries and Dinner Roll OR Pizza

### Thursday

Walking Beef Taco with Cheese, Lettuce, Tomato, Salsa and Sour Cream OR Pizza

### Friday

Chicken Sandwich with Fries OR Pizza

PLEASE BE PATIENT WITH US. FREQUENT MENU CHANGES WILL OCCUR DUE TO DELIVERY CANCELLATIONS AND UNAVAILABLE PRODUCTS.











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:  
\$4.00  
(Adults may sub 16 oz. plain water for milk.)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
APPLES WILL BE FRESH GROWN AND DELIVERED FROM BROWN'S ORCHARD 				10/1 Buffalo Chicken Mac-n-Cheese, Broccoli Veggie Cup Applesauce
10/4 Cowboy Burger Fries Veggie Cup Apple 	10/5 Grilled Cheese with Tomato Soup Veggie Cup Orange	10/6 Ranch Chicken and Bacon Wrap with Cheese, Lettuce and Tomato Fries Pears	10/7 Baked Ziti with Garlic Knot Side Salad Apple Slices	10/8 Turkey and Gravy over Biscuits Mashed Potatoes Veggie Cup Applesauce
10/11 	10/12 <u>National School Lunch Week!!</u> Cheeseburger or Hot Dog Baked Beans, Lettuce Cup, Fresh Fruit Hershey's Dessert Cup	10/13 Pasta Meatballs with Garlic Bread Knot Side Salad Pears <u>Get lunch and get entered to win a \$10 Sheetz Card</u>	10/14 General Tso Chicken Fried Rice Broccoli Veggie Cup Peaches <u>Fresh Baked Brownie</u>	10/15 Clux Delux Chicken Sandwich Fries, Veggie Cup Applesauce <u>Get lunch and get entered to win a \$10 Sheetz Card</u>
10/18 Mini Corn Dogs Baked Beans Veggie Cup Apple	10/19 <u>Popcorn Chicken Bowl!</u> Breaded Chicken, Mashed Potatoes, Corn, Gravy and Cheese Dinner Roll, Mixed Fruit	10/20 Baked Ziti with Garlic Knot Side Salad Pears 	10/21 Turkey Club on Ciabatta Homemade Chicken Noodle Soup Side Salad Peaches	10/22 Homemade Chili and Cheese over Fries Veggie Cup Applesauce
10/25 Chicken Parmesan Over Pasta with Garlic Bread Side Salad, Apple	10/26 <u>Breakfast for Lunch</u> French Toast Sticks, Sausage, Hash Brown, Juice, Pears	10/27 <u>Pittsburgh Chicken Salad-</u> Grilled Chicken, Fries, Lettuce, Cucumber, Tomato, Cheese, Garlic Knot Pears	10/28 <u>Mix-up Day</u> Mozzarella Twists Pierogies Buffalo Pizza Individual Pizza Round Veggies, Peaches	10/29 <u>Happy Halloween!</u> All Pizza Day Veggie Cup Applesauce CAKE! 

**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 JS/HS. 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](mailto:support@myschoolbucks.com)