



AASD
Home of the Eagles!

Avella JS/HS September 2020

Questions about your child's cafeteria account or status? Contact: Heather Poirier, Food Service Director at 724-356-2218 ext. 3312 or poirierh@avellasd.org



GRAB -N-GO LUNCH!!

Monday:

Turkey Club on Ciabatta (P) with Chips, Carrots with Ranch, Apple and Cookie

Tuesday:

Uncrustable (P) with Chips, Side Salad with Ranch, Peaches and Rice Crispy Treat

Wednesday:

Ham and Cheese on a Pretzel Bun, Chips, Carrots with Ranch, Pears and Cookie

Thursday:

Italian Hoagie, Chips, Side Salad with Ranch, Mixed Fruit and Rice Crispy Treat

Friday:

Turkey Wrap with Cheese, Chips, Veggie Cup with Ranch, Applesauce and Cookie

MEAL PRICES:

Paid Student Lunch:
\$2.55

Paid Premium Lunch:
\$2.80

(Premium entrée designated P)
Reduced Lunch: \$.40

No additional charge for premium meal for students with free & reduced status.

Adult Lunch:
\$3.50/ \$4.00 (P)

(Adults may sub 16 oz. plain water for milk.)

Menu subject to change without notice.



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
8/31 Welcome Back!! Cheeseburger or Chicken Tenders with Dinner Roll and Fries Veggie Cup /Ranch and Apple	9/1 Lasagna Roll-Up Garlic Breadstick, or Big Daddy Pepperoni Pizza, Side Salad and Peaches	9/2 BBQ Pulled Pork Sandwich with Crispy Onions or Breaded Chicken Sandwich Baked Beans Veggie Cup with Ranch And Pears	9/3 Italian Wedge (Italian Meats, Cheese and Dressing baked in the oven) or Big Daddy Cheese Pizza, Seasoned Corn , Side Salad and Mixed Fruit	9/4 Chicken and Waffles or Spicy Chicken Tenders with Dinner Roll ,Mashed Potatoes Veggie Cup with Ranch and Applesauce
9/7 	9/8 Mini Corndogs or Big Daddy Pepperoni Pizza Baked Beans Side Salad and Peaches	9/9 <u>Breakfast For Lunch!</u> French Toast Sticks served with Sausage or Breaded Chicken Sandwich, Hash Browns, Dragon Juice and Pears	9/10 <u>Nachos Grande</u> Seasoned Beef, Cheese Sauce, Sour Cream, Salsa and Peppers or Big Daddy Cheese Pizza Side Salad and Mixed Fruit	9/11 <u>Philly Cheesesteak</u> Beef, Provolone w/ Peppers/ Onions or Spicy Chicken Tenders with Dinner Roll Seasoned Fries Veggie Cup with Ranch and Applesauce
9/14 Buffalo Chicken Pizza (P) or Chicken Tenders with Dinner Roll, Veggie Cup with Ranch and Apple	9/15 General Tso Chicken (P) or Big Daddy Pepperoni Pizza, Fried Rice, Seasoned Broccoli, Side Salad and Peaches	9/16 Pasta and Meatballs Garlic Breadstick, or Breaded Chicken Sandwich Veggie Cup with Ranch And Pears	9/17 <u>Volcano Bowl</u> Popcorn Chicken with Mashed Potatoes or Cheese Pizza, Corn, Gravy, Cheddar Cheese, Dinner Roll and Mixed Fruit	9/18 <u>Pittsburgh Chicken Salad</u> Grilled Chicken, Fries, Lettuce, Tomato, Cucumber and Cheese or Spicy Chicken Tenders with a Fresh Baked Roll Veggie Cup with Ranch Applesauce
9/21 Grilled Cheese with Tomato Soup or Chicken Tenders with Dinner Roll, Veggie Cup with Ranch and Apple	9/22 <u>Italian Combo</u> Cheese Sticks, Breaded Ravioli and Sauce or Pepperoni Pizza Side Salad and Peaches	9/23 Ranch Chicken Bacon Wrap or Breaded Chicken Sandwich Seasoned Peas Veggie Cup with Ranch Pears	9/24 Baked Ziti with Garlic Breadstick or Cheese Pizza Side Salad and Mixed Fruit	9/25 Cheesy Breadsticks with Sauce or Spicy Chicken Tenders with Dinner Roll Veggie Cup with Ranch And Applesauce
9/28 Bacon Cheeseburger or Chicken Tenders with Dinner Roll, Seasoned Fries, Baked Beans And Apple	9/29 <u>Eagles Clux Delux</u> Chicken Sandwich or Pepperoni Pizza, Seasoned Broccoli and Peaches (P)	9/30 Homemade Italian Stromboli, or Breaded Chicken Sandwich Veggie Cup with Ranch and Pears	<p style="text-align: center;">Students may have all 5 items listed. However, 3 of 5 are a meal (1 item <u>must</u> be a fruit or vegetable).</p>	

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