

# Lunch Menu for October 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

Deli Hoagie (Salami, Turkey, Bologna and American Cheese with Lettuce)

### Tuesday

Cowboy Salsa with Fritos

### Wednesday

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

### Thursday

Soft Pretzel with Cheese Sauce and Yogurt

### Friday

Whole Grain Cereal, Yogurt and Cheese Stick

Menu is subject to change. We will notify you of menu changes the day before.

Monday	Tuesday	Wednesday	Thursday	Friday, October 1
<b>APPLES WILL BE FRESH GROWN AND DELIVERED FROM BROWN'S ORCHARD</b> 	Kindergarten snack milk is \$ .65 per milk. If your child takes a milk, the funds will be taken out of their cafeteria account.		<b>We try our best to offer what is on the menu. Please be understanding with menu changes, they are out of our control.</b> 	Day 3 Big Daddy Cheese Pizza / Seasoned Green Beans Veggie Cup Applesauce
Monday, October 4	Tuesday, October 5	Wednesday, October 6	Thursday, October 7	Friday, October 8
Day 4 Chicken Nuggets Dinner Roll Peas Veggie Cup Apple Slices	Day 1 Baked Ziti with Garlic Bread Side Salad Apple	Day 2 Breaded Chicken Sandwich Baked Beans  Veggie Cup Pears	Day 3 Grilled Cheese with Tomato Soup Veggie Cup Banana	Day 4 Turkey and Gravy over Biscuits Mashed Potatoes Side Salad Applesauce
Monday, October 11	Tuesday, October 12	Wednesday, October 13	Thursday, October 14	Friday, October 15
	Day 1 <b>Avella Picnic!</b> Cheeseburger or Hot Dog/ Fries/ Veggie Cup/ Apple/ <b>ICE CREAM</b> <b>NATIONAL SCHOOL LUNCH WKK!</b>	Day 2 <b>Nachos Grande</b> Beef w/ Nacho Chips, Cheese Sauce, Lettuce, Tomato, Salas, Sour Cream, Pears, <b>LUCKY TRAY</b>	Day 3 Pasta with Meatballs Garlic Breadstick Side Salad Banana <b> pudding</b> 	Day 4 Pepperoni Pizza Peas Veggie Cup Applesauce <b>LUCKY TRAY</b>
Monday, October 18	Tuesday, October 19	Wednesday, October 20	Thursday, October 21	Friday, October 22
Day 1 <b>Popcorn Chicken Bowl</b> Breaded Chicken, Mashed Potatoes, Corn, Gravy, Cheese, Dinner Roll, Apple	Day 2 Mini Corn Dog Baked Beans Veggie Cup Apple Slices 	Day 3 Chicken Quesadilla Black Beans Shredded Lettuce, Tomato, Salsa, Sour Cream, Pears	Day 4 Chicken Nuggets Dinner Roll Broccoli Veggie Cup Banana	Day 1 Mozzarella Twist with a Sauce Cup Mixed Veggies Veggie Cup Applesauce
Monday, October 25	Tuesday, October 26	Wednesday, October 27	Thursday, October 28	Friday, October 29
Day 2 <b>Breakfast For Lunch!</b> French Toast Sticks, Sausage, Hash brown, Juice, Apple and Milk	Day 3 Sweet and Sour Chicken Fried Rice Broccoli Side Salad Mixed Fruit	Day 4 Pittsburgh Chicken Salad- Grilled Chicken, Fries, Lettuce, Tomato, Cucumbers, Cheese Garlic Knot, Pears	Day 1 Mac-N-Cheese Seasoned Carrots Veggie Cup Banana 	Day 2 <b>Happy Halloween!</b> Cheese Pizza Green Beans Side Salad Applesauce <b>Halloween Treat</b>

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