

September 2020- Avella Elementary LUNCH

(Menu subject to change without notice.)

Tips to Stay Healthy

Take steps to keep you and your family healthy and reduce your risk for illness.

- Avoid touching your face.
- Wait 6 feet away from others.
- Wash your hands with soap and water for at least 20 seconds. If you don't have access to soap and water, use hand sanitizer with at least 60% alcohol, until you can wash your hands.

Lunch includes the choice of: 1 Entrée with bread item, up to 2 vegetables, 1 fruit and 1 milk.

Cold Boxed Lunch Available Daily

Monday

Ham and Cheese on Pretzel Bun, Chips, Apple and Strawberry Milk

Tuesday

Yogurt, Turkey Stick, Cheez-Its, Orange and Chocolate Milk

Wednesday

Make your own Pizza, Flatbread, Sauce, Mozzarella and Pepperoni, Apple Slices, and Strawberry Milk

Thursday

Turkey Wrap with Cheese, Peaches, Dragon Juice and Chocolate Milk

Friday

Deli Hoagie, Carrot Sticks with Ranch, Applesauce and Strawberry Milk

Student Paid Lunch: \$2.40

Reduced Lunch: \$.40

Ala Carte Milk: \$.65

Adult Lunch: \$3.50

Monday, August 31	Tuesday, September 1	Wednesday, September 2	Thursday, September 3	Friday, September 4
Day 1 Back To School!! Mini Burger Sliders, French Fries, Apple and Milk	Day 2 Chicken Tenders, Seasoned Broccoli, Fresh Veggie Cups with Ranch, Dinner Roll, Orange and Milk	Day 3 Lasagna Roll-Up, Garlic Breadstick, Side Caesar Salad, Apple Slices and Milk	Day 4 Italian Wedge (Italian Meats, Cheese and Dressing Baked in the Oven), Seasoned Corn, Veggie Cup with Ranch, Peaches and Milk	Day 1 Deep Dish Pizza, Green Beans, Veggie Cup with Ranch, Applesauce and Milk
Monday, September 7	Tuesday, September 8	Wednesday, September 9	Thursday, September 10	Friday, September 11
	Day 2 Turkey and Gravy over Biscuits served with Mashed Potatoes, Side Salad, Orange and Milk	Day 3 Breakfast for Lunch! French Toast Sticks served with Sausage and Hashbrowns, Dragon Juice, Apple Slices and Milk	Day 4 Nachos Grande Seasoned Beef, Nacho Chips, Cheese Sauce w/ Choice of Lettuce, Tomato, Salsa, Sour Cream With Peaches and Milk	Day 1 Big Daddy Pepperoni Pizza, Seasoned Broccoli, Veggie Cup with Ranch, Applesauce and Milk
Monday, September 14	Tuesday, September 15	Wednesday, September 16	Thursday, September 17	Friday, September 18
Day 2 Chicken Tenders with Mac-N-Cheese, Mixed Veggies, Side Salad, Apple and Milk	Day 3 Cheese Burger and Fries, Veggie Cup with Ranch, Orange and Milk	Day 4 Pasta and Meatballs, Garlic Breadstick, Side Salad, Apple Slices and Milk	Day 1 Volcano Bowl Popcorn Chicken, Mashed Potatoes, Corn, Gravy and Cheese Served with Peaches and Milk	Day 2 Mexican Pizza, Seasoned Peas, Side Salad, Applesauce and Milk
Monday, September 21	Tuesday, September 22	Wednesday, September 23	Thursday, September 24	Friday, September 25
Day 3 Grilled Cheese with Tomato Soup, Veggie Cup with Ranch, Apple and Milk	Day 4 Italian Combo Cheese Sticks, Breaded Ravioli and Sauce Served with Side Salad, Orange and Milk	Day 1 Sweet-n-Sour Chicken, Fried Rice, Seasoned Broccoli, Veggie Cup with Ranch, Apple Slices and Milk	Day 2 Breaded Chicken and Fries, Dinner Roll, Roasted Ranch Chickpeas, Peaches and Milk	Day 3 Big Daddy Pepperoni Pizza, Seasoned Broccoli, Veggie Cup with Ranch, Applesauce and Milk
Monday, September 28	Tuesday, September 29	Wednesday, September 30		
Day 4 Baked Ziti with Meat Sauce, Garlic Breadstick, Side Salad, Apple and Milk	Day 1 Breaded Chicken Sandwich, Seasoned Corn, Veggie Cup with Ranch, Orange, and Milk	Day 2 Homemade Pepperoni Stromboli, Seasoned Peas, Side Salad, Apple Slices and Milk		
				

Questions? Contact: Heather Poirier, Food Service Director @ 724-356-2218 ext. 3312 or email 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. Parents should prepay for KG snack milk and fund account in advance. Automated phone calls are placed to remind parents of negative balances.

Free and Reduced Applications are accepted all year, however they are not retroactive.