



September Lunch Menu 2018

Avalon Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Labor Day No School	4 Beef Hot Dog w/ Bun Sweet Corn Diced Peaches Ketchup & Mustard Choice of Milk	5 Chicken Alfredo w/Pasta Baby Carrots Fresh Watermelon Choice of Milk	6 Chicken & Cheese Burrito Refried Beans Fresh Banana Salsa Choice of Milk	7 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Orange Wedges FF Ranch Choice of Milk
10 Popcorn Chicken w/Dinner Roll Mashed Potatoes Fruit Cocktail Ketchup Choice of Milk	11 Spaghetti w/Meat Sauce Fresh Sliced Cucumbers Fresh Cantaloupe Wedge Choice of Milk	12 Orange Chicken w/Rice Baby Carrots Pineapple Chunks Fortune Cookie Choice of Milk	13 Chicken Sandwich w/Bun BBQ Baked Beans 100% Fruit Juice Ketchup Choice of Milk	14 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk
17 Chicken Corn Dog Three Bean Chili Applesauce Ketchup & Mustard Choice of Milk	18 Maple French Toast Sticks Baby Carrots Fresh Orange Wedges Choice of Milk	19 Cheese Nachos Tortilla Chips Fresh Celery Sticks Fresh Watermelon Choice of Milk	20 Half Day Meatball Sub w/Bun Seasoned Green Beans Fresh Banana Choice of Milk	21 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Pineapple Chunks FF Ranch Choice of Milk
24 Roasted Chicken & Gravy Mashed Potatoes Diced Peaches Dinner Roll Choice of Milk	25 Macaroni & Cheese Baby Carrots Fresh Cantaloupe Wedge Choice of Milk	26 Pepperoni Pizza Sticks Fresh Sliced Cucumbers 100% Fruit Juice Marinara Sauce Choice of Milk	27 Cheeseburger w/Bun Ranch Beans Fresh Watermelon Ketchup & Mustard Choice of Milk	28 Half Day Pepperoni or Cheese Pizza Mixed Dark Green Salad w/Cucumbers Fresh Apple Wedges FF Ranch Choice of Milk

Drinking Water is made available to youth at all times at drinking fountains located in this facility.
 *Fresh Fruits & Vegetable selections subject to change based on quality, seasonality, and availability.
 **Fresh Salad & Veggie Bar serves FF Ranch Dressing
 ***All meals are served with 1% White Milk or Skim Chocolate Milk
 This Institution is an equal opportunity provider



Fresh Bite foods

September Breakfast Menu 2018

Avalon Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day No School	Cini Mini Fruit Cocktail Cup 100% Fruit Juice Choice of Milk	Lucky Charms Cereal Mozzarella String Cheese Fresh Orange Wedges 100% Fruit Juice Choice of Milk	Blueberry Muffin Cinnamon Toast Crunch Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	Half Day Mini Pancake Fresh Banana 100% Fruit Juice Choice of Milk
Multigrain Frosted Flakes Cereal Apple Nutrifrain Bar Diced Peaches Cup 100% Fruit Juice Choice of Milk	Mini Strawberry Bagel w/Cream Cheese Fresh Apple Wedges 100% Fruit Juice Choice of Milk	Trix Cereal Elf Graham Crackers Fresh Orange Wedges 100% Fruit Juice Choice of Milk	Cinnaburst Bun Applesauce Cup 100% Fruit Juice Choice of Milk	Half Day Sausage & Cheese Muffin Fresh Banana 100% Fruit Juice Choice of Milk
Cini Mini Fruit Cocktail Cup 100% Fruit Juice Choice of Milk	Lowfat Yogurt Strawberry Team Cheerios Cereal Bar Fresh Apple Wedges 100% Fruit Juice Choice of Milk	Cinnamon Toast Crunch Cereal Mozzarella String Cheese Fresh Orange Wedges 100% Fruit Juice Choice of Milk	Applesauce Muffin Lucky Charms Cereal Applesauce Cup 100% Fruit Juice Choice of Milk	Half Day Breakfast Burrito Fresh Banana 100% Fruit Juice Taco Sauce Choice of Milk
Cocoa Puffs Cereal Cinnamon Toast Crunch Cereal Bar Fruit Cocktail Cup 100% Fruit Juice Choice of Milk	Mini Strawberry Bagel w/Cream Cheese Fresh Apple Wedges 100% Fruit Juice Choice of Milk	Fruity Cheerios Cereal Cheez Its Fresh Orange Wedges 100% Fruit Juice Choice of Milk	Cinnaburst Bun Applesauce Cup 100% Fruit Juice Choice of Milk	Half Day Egg & Cheese Pocket Fresh Banana 100% Fruit Juice Taco Sauce Choice of Milk

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