

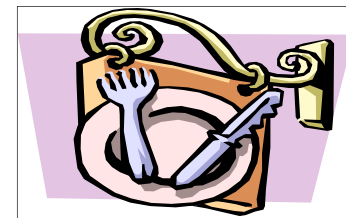
Fred S. Engle  
Middle School

# Avon Grove Cafe

February  
2012



Healthy helpings of  
your favorite foods.



## Hot Off the Grill

**Monday:** Hamburger/Cheeseburger  
**GARDEN BURGERS Available!**  
**Tuesday:** Meatball Sandwich  
**Wednesday:** Chicken Pattv Sandwich  
**Thursday:** Grilled Chicken Sandwich  
**Friday:** Chef's Choice

*Served with the Side Items of the day*

**Assorted Wraps and Sandwiches**  
*Served with the Side Items of the day*

**Look for Deli Bar Specials!**

**Grab N' GO**



**Entrée Salad**  
**Selection of the Day!**  
*Served with Milk Choice*



**BREAKFAST AVAILABLE DAILY**  
Assorted Muffins and Cereal ~ Available Daily  
Fruit & Yogurt Parfait ~  
Available Tuesday, Wednesday and Thursday



**Monday :**  
French Toast Sticks  
**Tuesday:**  
Bagel Sandwich  
**Wednesday:**  
Scrambled Eggs & Toast  
**Thursday:**  
Bagel Sandwich  
**Friday:**  
Assorted Bagels & Spreads  
*Complete your breakfast meal with fruit & milk!*

Monday	Tuesday	Wednesday	Thursday	Friday
<i>It's A Wrap! Special</i>	<i>It's A Wrap! Special</i>	<i>It's A Wrap! Special</i>	<i>It's A Wrap! Special</i>	<i>It's A Wrap! Special</i>
Turkey Club Wrap	Chicken Ranch Wrap	Buffalo Chicken Wrap	Italian Chicken Wrap	Vegetarian Wrap
<b>Salad Special of Day:</b>	<b>Salad Special of Day:</b>	<b>Salad Special of Day:</b>	<b>Salad Special of Day:</b>	<b>Salad Special of Day:</b>
<i>Chef's Choice</i>	<i>Chef's Choice</i>	<i>Chef's Choice</i>	<i>Chef's Choice</i>	<i>Chef's Choice</i>
<b>Middle School Meal Prices</b> <b>LUNCH</b> Lunch Meal \$1.75 Reduced Price Lunch Meal \$.40 Adult Prices ~ A La Carte  <b>BREAKFAST</b> Breakfast Meal \$1.10 Reduced Price Breakfast \$.30 Adult Prices ~ A La Carte		<b>Deluxe Cheesesteak</b> 1  Peppers & Onions Malibu Medley Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Cheese Ravioli</b> 2  Peas & Carrots Assorted Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Super Bowl Special</b> 3 <b>French Bread Pizza</b> <b>OR Beef Chili &amp; Corn Bread</b> Baby Carrots & Ranch Dip Mixed Veggies Fresh Fruit Cookie Milk Choice <b>BREAKFAST</b> Available Daily
<b>BBQ Chicken w/ Corn Bread</b> 6  Baked Beans California Mixed Veggies Assorted Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Popecorn Shrimp</b> 7  Stir Fry Veggies over Brown Rice Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Assorted Hoagies</b> 8  Fresh Veggie Cup w/ Dip Fresh Fruit Assorted Baked Potato Chips Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Baked Ziti</b> 9  Caesar Salad Green Beans Assorted Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Pizza Slice</b> 10  Minestrone Soup Spinach Salad Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily
<b>BBQ Chicken Flatbread</b> 13  Peppers & Onions Black Bean Salsa Roasted Corn Pineapple & Orange Cup Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Chicken Filet on Wheat Kaiser</b> 14  Roasted Veggies Lettuce & Tomato Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Deluxe Cheesesteak</b> 15  Peppers & Onions Malibu Medley Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Nacho Bar with the Works! Taco Beef &amp; Scoops</b> 16  Fiesta Rice Black Bean Salsa Lettuce, Tomato, Salsa Seasoned Corn Pineapple Tidbits Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Personal Pan Pizza</b> 17  Steamed Broccoli Fresh Fruit Assortment Oatmeal Raisin Cookie Milk Choice  <b>BREAKFAST</b> Available Daily
<b>NO SCHOOL TODAY</b> 20  	<b>Grilled Cheese on Wheat</b> 21  Tomato Soup Goldfish Crackers Buttered Peas Fruit Assortment Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Prima's Pizza Day!</b> 22 <b>Prima's Pizza Slice</b> Garden Salad Assorted Potato Chips Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Assorted Hoagies</b> 23  Fresh Veggie Cup w/ Dip Fresh Fruit Assorted Baked Potato Chips Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Fish Filet Sandwich</b> 24  Rice Pilaf Glazed Carrots Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily
<b>BBQ Pulled Pork Sandwich</b> 27  Steamed Broccoli Pears Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Breakfast Sandwich Egg, Sausage &amp; Cheese</b> 28  Fresh Veggie Cup w/ Dip Hash Brown Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Deluxe Cheesesteak</b> 29  Peppers & Onions Malibu Medley Fresh Fruit Milk Choice  <b>BREAKFAST</b> Available Daily	<b>Try a Fruit &amp; Yogurt Parfait for Breakfast!</b> <b>Tuesday, Wednesday &amp; Thursday</b> <b>ADD Juice &amp; Milk for Complete Meal!</b>  	<b>Choice of Milk with All Complete Lunch Meals!</b> <b>Lowfat White, Skim White Milk</b> <b>Lowfat Chocolate &amp; Strawberry</b>   <b>Lowfat White or Skim Milk served with All Complete Breakfast Meals</b>

Menu subject to change without notice.