

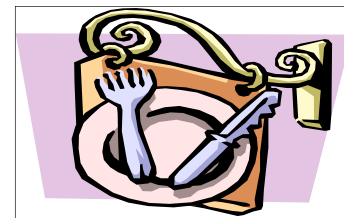
Fred S. Engle
Middle School

Avon Grove Cafe

January
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!*

December on reverse

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
Salad Special of Day:	Salad Special of Day:	Salad Special of Day:	Salad Special of Day:	Salad Special of Day:
<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>
Chicken Filet on Wheat Kaiser ²	Popcorn Shrimp ³	Grilled Cheese on Wheat ⁴	Baked Ziti ⁵	Personal Pan Pizza ⁶
Roasted Potatoes Lettuce & Tomato Fresh Fruit Milk Choice	Stir Fry Veggies over Brown Rice Fresh Fruit Milk Choice	Tomato Soup Goldfish Crackers Buttered Peas Fruit Assortment Milk Choice	Caesar Salad Green Beans Assorted Fruit Milk Choice	Steamed Broccoli Fresh Fruit Assortment Oatmeal Raisin Cookie Milk Choice
BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily
Roasted Chicken w/ WW Roll ⁹	Fish Filet Sandwich ¹⁰	Assorted Hoacies ¹¹	Sausage & Peppers on Roll ¹²	Pizza Slice ¹³
Parsley Potatoes California Mixed Veggies Peaches Milk Choice	Rice Pilaf Glazed Carrots Fresh Fruit Milk Choice	Fresh Veggie Cup w/ Dip Fresh Fruit Assorted Baked Potato Chips Milk Choice	Mac & Cheese Steamed Broccoli Fruit Assortment Milk Choice	Minestrone Soup Garden Salad Fresh Fruit Milk Choice
BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily
NO SCHOOL TODAY ¹⁶	Chicken Nuqgets ¹⁷	Deluxe Cheesesteak ¹⁸	Prima's Pizza Day! ¹⁹	NO SCHOOL TODAY ²⁰
	Sweet Potato Fries Mixed Veggies Assorted Fruit Milk Choice	Peppers & Onions Malibu Medley Fresh Fruit Milk Choice	Prima's Pizza Day! Prima's Pizza Slice Garden Salad Assorted Potato Chips Fresh Fruit Milk Choice	Teacher In Service Day 
BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily
Chinese New Year ²³	Breakfast Sandwich ²⁴	Assorted Hoacies ²⁵	Nacho Bar with the Works! ²⁶	French Bread Pizza ²⁷
Tangerine Chicken	Egg, Sausage & Cheese	Fresh Veggie Cup w/ Dip Fresh Fruit Assorted Baked Potato Chips Milk Choice	Taco Beef & Scoops Fiesta Rice Black Bean Salsa Lettuce, Tomato, Salsa Seasoned Corn Pineapple Tidbits Milk Choice	Baby Carrots & Ranch Dip Mixed Veggies Fresh Fruit Milk Choice
Vegetable Lo Mein Steamed Broccoli Pineapple Tidbits Milk Choice	Fresh Veggie Cup w/ Dip Hash Brown Fresh Fruit Milk Choice	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily
BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Available Daily
BBQ Pulled Pork Sandwich ³⁰	Grilled Cheese on Wheat ³¹	Middle School Meal Prices	Try a Fruit & Yogurt Parfait for Breakfast! Tuesday, Wednesday & Thursday ADD Juice & Milk for Complete Meal!	Choice of Milk with All Complete Lunch Meals!
Scalloped Potatoes Peas & Carrots Pears Milk Choice	Tomato Soup Goldfish Crackers Buttered Peas Fruit Assortment Milk Choice	LUNCH Lunch Meal \$1.75 Reduced Price Lunch Meal \$0.40 Adult Prices ~ A La Carte		Lowfat White, Skim White Milk Lowfat Chocolate & Strawberry
BREAKFAST Available Daily	BREAKFAST Available Daily	BREAKFAST Breakfast Meal \$1.10 Reduced Price Breakfast \$0.30 Adult Prices ~ A La Carte		Lowfat White or Skim Milk served with All Complete Breakfast Meals

Menu subject to change without notice.