

Penn London Elementary School

Menus for NOVEMBER 2022

This institution is an equal opportunity provider. Menus are subject to change.

**The original value meal
& still a fantastic deal!**

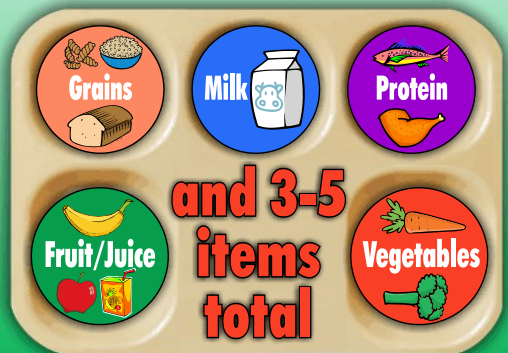
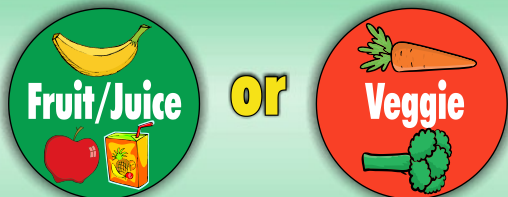
Lunch \$2.50

Apply for Free & Reduced Price Meals at
www.schoolcafe.com
Or contact our office at 610-869-2441



DON'T 4GET!

**To make a lunch,
choose at least one**



**Avon Grove School District
Food Service Department**

Monday, October 31

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

Hamburger,
Cheeseburger,
Seasoned Corn
Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Tuesday, November 1

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

Crispy Chicken Filet
Baked French Fries
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Wed., November 2

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

Beef Tacos
Street Corn, Lettuce,
Tomato, Shredded
Cheese
100% Fruit Juice,
Seasonal Fresh Fruit &
Milk Choice

Thursday, November 3

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

Baked Ziti & Roll
Steamed Veggies
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Friday, November 4

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

French Bread Pizza
Peas
Baby Carrots & Dip
Chilled Pears
Seasonal Fresh Fruit
Milk Choice

Monday, November 7

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

Chicken Nuggets
w/ WG Dinner Roll
Steamed Mixed Veggies
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit

Tuesday, November 8

**No School
Today**

**Teacher
In Service
Day**

Wed., November 9

Breakfast

Free Breakfast served
with Fruit and Milk

Lunch

MAX Cheese Sticks
w/ Marinara
Steamed Broccoli
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Thursday, November 10

Breakfast

Free Breakfast served
with Fruit and Milk

**Lunch
Thanksgiving Feast
Roasted Turkey**

Mashed Potatoes, Gravy
Stuffing, Green Beans
Cranberry Sauce,
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Friday, November 11

Breakfast

Free Breakfast served
with Fruit and Milk

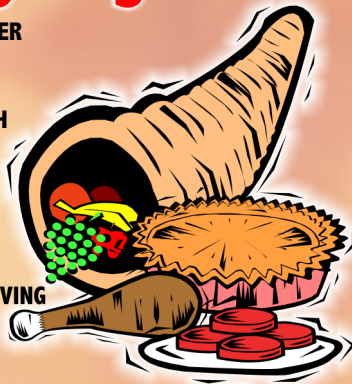
Lunch

Personal Pan Pizza
Peas
Baby Carrots & Dip
Chilled Pears
Seasonal Fresh Fruit
Milk Choice



Find the two dozen Thanksgiving words!

AMERICA MAYFLOWER
COLONY PIE
COOK PILGRIMS
CORN PLYMOUTH
ENGLAND PUMPKIN
FALL SAIL
FAMILY SETTLERS
FEAST SQUASH
FREEDOM STUFFING
GRAVY THANKSGIVING
HARVEST TURKEY
MAIZE YAMS



S M K E Y D E Z I A M C N N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
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B S G M U L A R B U U W H S
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J F A L L S M A Y H S H Z B

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 14

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
Hamburger or Cheeseburger
Baked Beans
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Tuesday, November 15

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
Hot Dog on WG Bun
Baked French Fries
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Wed., November 16

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
PRIMA'S Pizza Slice
Peas
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Thursday, November 17

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
Grilled Cheese Sandwich
Glazed Carrots
Garden Salad
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Friday, November 18

Breakfast
Breakfast served with Fruit and Milk

Lunch
Chicken Nuggets w/ WG Dinner Roll
Steamed Broccoli
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice



ENJOY YOUR HOLIDAY!

FREE BREAKFAST MEAL FOR ALL STUDENTS
For the remainder of the 22-23 School Year.

Monday, November 28

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
MAX Cheese Sticks w/ Marinara
Steamed Broccoli
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Tuesday, November 29

Breakfast
Breakfast served with Fruit and Milk

Lunch
Chicken Patty on WG
Steamed Corn
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

Wed., November 30

Breakfast
Free Breakfast served with Fruit and Milk

Lunch
Mashed Potato Bowl W/popcorn Chicken
Seasoned Corn
Fresh Veggies & Dip
Chilled Fruit Cup
Seasonal Fresh Fruit
Milk Choice

AVAILABLE DAILY

BREAKFAST
Cereal & Cheese Stick Breakfast Meal

LUNCH
PB&J Lunch Meal
Chilled Cheese Sandwich Lunch Meal
Served with Veggies & Fruits of the Day
Milk Choice

