

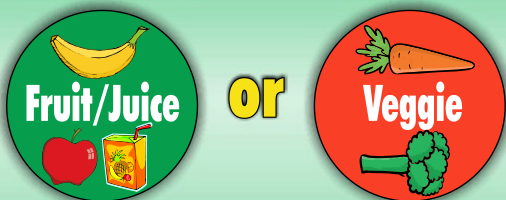
**Avon Grove Intermediate School**

**December 2022**

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

**DON'T 4 GET!**

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



**Avon Grove School District  
Food Service Department**

**Available Daily**

**BREAKFAST**

Cereal & Yogurt Breakfast Meal  
Cereal & Cheese Stick Breakfast Meal

**LUNCH**

Entrée Salad Lunch Meal  
Deli Bar Lunch Meal  
Grab N Go Lunch Meal  
PB&J Lunch Meal

Served with  
Veggies & Fruits of the Day  
Milk Choice

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

**Lunch \$2.50**

**Apply for Free & Reduced Price Meals at  
[www.schoolcafe.com](http://www.schoolcafe.com)  
Or contact our office at 610-869-2441**

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

**Thursday, December 1**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

Spiral Rotini w/ Meat  
Sauce & Breadstick  
Steamed Green Beans  
Veggies & Dip  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice

**Friday, December 2**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

PRIMA'S PIZZA DAY  
Steamed Peas  
Fresh Veggies & Dip  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice

**Monday, December 5**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

Chicken Tenders  
w/ WG Dinner Roll  
Black Bean & Corn  
Fiesta  
Fresh Veggies & Dip  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice

**Tuesday, December 6**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

Mini Calzones w/  
Marinara  
Mediterranean Blend  
Veggies  
Garden Salad  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice

**Wednesday, December 7**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch  
BREAKFAST FOR  
LUNCH**

Pancakes & Sausage,  
Potato Smiles  
Baby Carrots & Dip  
100% Fruit Juice  
Seasonal Fresh Fruit  
Milk Choice

**Thursday, December 8**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

Cheese Ravioli &  
Breadstick Steamed  
Green Beans  
Veggies & Dip  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice

**Friday, December 9**

**Breakfast**

Breakfast served with  
Fruit and Milk

**Lunch**

Pizza Slice  
Peas  
Fresh Veggies & Dip  
Chilled Fruit Cup  
Seasonal Fresh Fruit  
Milk Choice



## Serves you right!

This month, let's look at VEGETABLES. MyPlate.gov advises us to eat at least 2-3 cups of veggies a day.

**But what exactly makes a cup?** Each of these equals about 1 cup of veggies:

- 5 broccoli florets
- 12 baby carrots or 2 medium regular carrots
- 1 bell pepper cut into strips
- 7 or 8 cherry tomatoes
- 1 medium potato or half a large sweet potato
- 1 large ear of corn
- 2 or 3 celery stalks
- 5 asparagus spears



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, December 12**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

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

**Tuesday, December 13**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

Crispy Chicken Filet Potato Smiles Fresh Veggies & Dip Chilled Fruit Cup Seasonal Fresh Fruit Milk Choice

**Wed., December 14**

### 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, December 15**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

Assorted Hoagies Pasta Salad Veggies & Dip Chilled Fruit Cup Seasonal Fresh Fruit Milk Choice Baked Chips

**Friday, December 16**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

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

**Monday, December 19**

### 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 Milk Choice

**Tuesday, December 20**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

Chicken Fajita over Rice Peppers & Onions Fresh Veggies & Dip Chilled Fruit Cup Seasonal Fresh Fruit Milk Choice

**Wed., December 21**

### 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, December 22**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

Spaghetti & Meatballs Green Beans Garden Salad Chilled Fruit Cup Seasonal Fresh Fruit Milk Choice

**Friday, December 23**

### Breakfast

Free Breakfast served with Fruit and Milk

### Lunch

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



**Wishing you and your family a bright and happy Holiday Season!**

From the staff at Avon Grove Food Service