

**Fred S. Engle Middle School**

# Menus for November 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



or



and 3-5  
items  
total



Avon Grove School District  
Food Service Department

## Featured Specials of the Day

### Monday, October 31

MAX Cheese Sticks & Marinara  
Steamed Peas, Fresh Veggies & Hummus  
Chilled Fruit Cup & Seasonal Fresh Fruit

### Tuesday, November 1

Teriyaki Chicken over Rice  
Vegetable Blend, Fresh Veggies & Hummus  
Chilled Fruit Cup & Seasonal Fresh Fruit

### Wednesday, November 2

Breakfast for Lunch  
French Toast, Sausage, Hash Brown  
Fresh Veggies & Dip, Chilled Fruit Cup & Seasonal Fresh Fruit

### Thursday, November 3

Lasagna with Meat Sauce & Bread Stick  
Green Beans, Caesar Salad  
Chilled Fruit Cup, Seasonal Fresh Fruit

### Friday, November 4

Personal Pan Pizza  
Peas, Garden Salad  
Chilled Fruit Cup, Seasonal Fresh Fruit

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

**Lunch \$2.60**

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

## Available Daily

### Hot Off the Grill:

**Monday : Burgers**

**Tuesday : Meatball Sandwich**

**Wednesday : Chicken Filet Sandwich**

**Thursday : Cheese Steak Sandwich**

**Friday : BBQ Grilled Chicken  
Sandwich**

### Deli Bar

**Assorted Deli Sandwiches & Wraps**

**Assorted Grab N Go Meals**

### Entrée Salads

**Assorted salad specials daily.**

**All Student Meals include fresh fruit,  
fresh veggie cup OR garden salad &  
milk choice.**

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



## Featured Specials of the Day

### **Monday, November 7**

Grilled Cheese Sandwich  
Tomato Soup, Veggie Cup & Dip  
Chilled Fruit Cup, Seasonal Fresh Fruit

### **Tuesday, November 8**

**NO SCHOOL TODAY**

### **Wednesday, November 9**

WG Chicken Tenders w/ Dinner Roll  
Mixed Veggies, Garden Salad  
Chilled Fruit Cup, Seasonal Fresh Fruit

### **Thursday, November 10**

**Thanksgiving Feast**

**Roasted Turkey**

Mashed Potatoes, Gravy, Stuffing, Green Beans, Cranberry Sauce,  
Seasonal Fresh Fruit, Ice Cream Cup

### **Friday, November 11**

PRIMA'S PIZZA

Steamed Peas, Fresh Veggie Cup & Dip  
Chilled Fruit Cup, Seasonal Fresh Fruit

## Breakfast Available Daily

Cereal, Yogurt, Asst. WG Pastries

Hot Breakfast Items vary daily

Juice and Milk Included  
with Student Meal

**FREE TO ALL STUDENTS,  
ALL SCHOOL YEAR!**



## Featured Specials of the Day

### **Monday, November 14**

WG Chicken Tenders w/ Dinner Roll  
Steamed Veggies, Fresh Veggies & Dip  
Chilled Fruit Cup, Seasonal Fresh Fruit

### **Tuesday, November 15**

Pulled Pork Sandwich  
Cole Slaw, Baked French Fries  
Chilled Fruit Cup, Seasonal Fresh Fruit

### **Wednesday, November 16**

Beef Taco & Assorted Toppings  
Mexican Street Corn, Veggie Cup & Dip,  
Chilled Fruit Cup, Seasonal Fresh Fruit

### **Thursday, November 17**

Cheese Ravioli & Garlic Knot  
Green Beans, Garden Salad  
Chilled Fruit Cup & Seasonal Fresh Fruit

### **Friday, November 18**

Pizza Slice  
Steamed Peas, Garden Salad  
Mixed Fruit Cup, Seasonal Fresh Fruit



**ENJOY YOUR HOLIDAY!  
SEE YOU MONDAY 11/28!**

## Featured Specials of the Day

### **Monday, November 28**

MAX Cheese Sticks & Marinara  
Steamed Peas, Fresh Veggies & Hummus  
Chilled Fruit Cup & Seasonal Fresh Fruit

### **Tuesday, November 29**

Mashed Potato Bowl w/ popcorn Chicken  
Seasoned Corn, Fresh Veggies & Dip  
Chilled Peaches, Seasonal Fresh Fruit

### **Wednesday, November 30**

Your Choice of Hoagies!  
Pasta Salad, Veggie Cup w/ Dip,  
Fruit Cup, Fresh Fruit, Baked Chips

### **Thursday, December 1**

Chicken Alfredo  
Steamed Broccoli, Garden Salad  
Chilled Fruit Cup & Seasonal Fresh Fruit

### **Friday, December 2**

Quesadilla Pizza  
Steamed Peas, Fresh Veggie Cup & Dip  
Chilled Fruit Cup, Seasonal Fresh Fruit