

Avery County Schools September 2023



Daily Choices at Breakfast

Whole Grain Poptarts
Cereal & Toast
Choice of 1/2 cup Fruit
Choice of 4oz Juice

Daily Choices of Milk for Breakfast and Lunch:

1% White Skim Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk

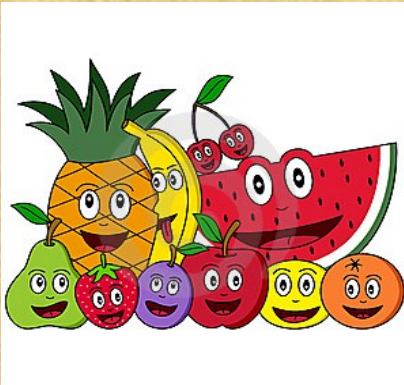
Daily Choices of Entrees for Lunch:

Yo To Go Box
Jamwich Box (not available at Crossnore)
Chef Salad Box



Avery County Schools Elementary and Middle School Menu

				Friday, September 1
				CHICKEN BISCUIT **** CHEESE STICK DIPPER 1/2C MARINARA SAUCE 1 CUP GARDEN SALAD 1/2C BROCCOLI 1/2C PEACHES
Monday, September 4	Tuesday, September 5	Wednesday, September 6	Thursday, September 7	Friday, September 8
No School for Students or Staff LABOR DAY 	BREAKFAST PIZZA **** WG FISH STICKS(4) 1/2C OVEN FRIES 1/2 C BAKED BEANS 1/4 C COLESLAW 1/2 CUP CHERRY DESSERT CUP	SAUSAGE BISCUIT **** TACO BURRITO WITH 10Z SHREDDED CHEESE 1 CUP GARDEN SALAD 1/2 C SALSA SOUR CREAM IND. 1/2 CUP CORN APPLESAUCE CUP	BLUEBERRY MUFFIN **** TURKEY ROAST & GRAVY 1/2c MASHED POTATOES 1/2 cup GREEN BEANS FRESH BISCUIT 1/2 cup APPLE CRISP	GRAVY BISCUIT **** SPAGHETTI W/MEAT SAUCE GARLIC KNOT ROLL 1 CUP GARDEN SALAD 1/2 cup BROCCOLI 1/2 cup PEACHES



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Monday, September 11	Tuesday, September 12	Wednesday, September 13	Thursday, September 14	Friday, September 15
SUPERDONUT **** CHILI CON CARNE TORTILLA CHIPS () 1/2 BAKED POTATO 1oz SHREDDED CHEESE SOUR CREAM 1 cup GARDEN SALAD 1/2 cup STRAWBERRIES	CINNAMON BISCUIT **** CHICKEN NUGGETS W/ sweet and sour sauce 1/2c OVEN FRIES 1/2c BAKED BEANS 1/2c BROCCOLI & CHEESE FRESH BANANA	CHOCOLATE CHIP MUFFIN **** FRESH HAMBURGER ON BUN=2OZM/2BG LET/TOM/PICKLE 1/2 CUP OVEN FRIES 2OZ RANCH DRESSING 1/2 CUP BAKED BEANS 1/2C BLUEBERRY PIE	MINI MAPLE PANCAKES **** GROUND BEEF PHILLY CHEESESTEAK HOAGIE 1/2 C MASHED POTATOES 1/2 cup GREEN BEANS IND. BABY CARROTS 1/2 C PEACHES	SAUSAGE BISCUIT **** CHICKEN FILLET SANDWICH LETTUCE/TOMATO/PICKLE 1/2 cup MASHED POTATOES 1/2 CUP BROCCOLI FRESH APPLE SLICES
Monday, September 18	Tuesday, September 19	Wednesday, September 20	Thursday, September 21	Friday, September 22
APPLE FRUDEL *** CORNDOG 2M/2BG GRAHAM BUGS 1BG 1/2C SWEET POTATO FRIES 2OZ RANCH DRESSING 1/2 C PINTO BEANS 1/4C CREAMY COLESLAW 1/2 CUP MIXED FRUIT	FRENCH TOAST STICKS **** PULLED PORK BBQ ON BUN 1/2 C TATOR TOTS 1/2 C BAKED BEANS IND BABY CARROTS 1/4 c CREAMY COLESLAW 1/2C FRESH GRAPES	WG CINNAMON BUN **** Breakfast for Lunch BISCUIT & GRAVY SAUSAGE PATTY (1) SCRAMBLED EGGS TATOR TOTS 1/2C CHERRY TOMATOES 1/2C BAKED APPLES 1/2 C	FUNNEL CAKE WAFFLE W/ STRAWBERRIES AND CREAM **** BAKED HAM (2 SLICES=1.22 OZ =2OZ M) FRESH BISCUIT 2BG 1/2 MAC & CHEESE 1/2 GREEN BEANS 1/2 C SWEET CARROTS ORANGE SMILES	BLUEBERRY BISCUIT *** HOMECOMING EARLY DISMISSAL GO VIKINGS! VIKING PEPPERONI PIZZA 1 CUP GARDEN SALAD 1/2 CUP CORN 1/2C PINEAPPLE CHOCOLATE VICTORY CAKE
Monday, September 25	Tuesday, September 26	Wednesday, September 27	Thursday, September 28	Friday, September 29
BREAKFAST PIZZA **** PORK CHOPPETTE & WHITE PEPPER GRAVY 1/2 C MASHED POTATOES 1/2 cup GREEN PEAS GARLIC KNOT ROLL 1/2 cup BAKED PEARS	SAUSAGE BISCUIT **** BEEF A RONI 1C 1 CUP GARDEN SALAD 1/2 CUP BROCCOLI GARLIC BREADSTICK(1) APPLE CRISP	SUPERDONUT **** FRESH HAMBURGER ON BUN=2OZM/2BG LET/TOM/PICKLE 1/2 C SWEET POTATO FRIES 2OZ RANCH DRESSING 1/2 CUP BAKED BEANS MIXED BERRY CUP	GRAVY BISCUIT **** PEPPERONI PIZZA 1 CUP GARDEN SALAD 1/2 CUP CORN 1/2 CUP FRESH ORANGE SMILES	SAUSAGE BISCUIT **** SPAGHETTI W/ MEAT SAUCE 1 CUP GARDEN SALAD 1/2 CUP GREEN BEANS GARLIC BREADSTICK(1) APPLE CRISP