

- 2023 -

AUGUST

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

Abingdon-Avon High School

Lunches Include:
Entrée, Grain, Fruit, Vegetable
Choice of 1% White or FF Chocolate

A la Carte Items Offered Daily:
Cookies, Chips, Salads, Sandwiches
Flavored or Non-Flavored Waters
Ramen Noodles, Dessert, and Fruit
Cups

YOU WILL NEED TO HAVE MONEY
IN YOUR LUNCH ACCOUNT TO
PURCHASE ITEMS FROM
A LA CARTE.

ALL STUDENTS MEALS ARE
FREE!

"IN A WORLD WHERE YOU CAN
BE ANYTHING, BE KIND"
Jennifer Dukes Lee

© 2022 Simply Good Food, LLC

1

2

3

4

7

8

9

10

11

14

15

16

Sub Sandwich
Pretzel/cheese
Apple Slices
Carrot Sticks
Pkg. Cookies

17

Chicken Tenders
Potato Wedges
Peas
Tropical Fruit

18

Pulled Pork/bun
Baked Beans
Coleslaw
Frito Corn Chips
Fruit

21

Popcorn Chicken
Mac-Cheese
Peas/Carrots
Peaches
Dinner Roll

22

Ham/Turkey
Croissant
Fresh Summer
Salad, Chips
Fruit Mix
(Pineapple, Kiwi,
Berries)

23

Taco in a Bag
(Meat, Cheese, Chips)
Red Beans Rice
Corn, Clementines
Salsa, Sour Cream

24

Tenderloin/bun
Onion rings
Green Beans
Fruit

25

Tony's Pizza
Cesar Salad
Garlic Breadstick
Fruit
Sidekick Slush

28

Chicken Alfredo
Bosco Stick
Side Salad
Broccoli
Fruit

29

Grilled or Breaded
Chicken/bun
Baked Fries
Mix Veggies
Apple Slice/Caramel

30

Hamburger/bun
Hot Dog/bun
Pasta Salad
Cottage Cheese
Fruit, Chips

31

Chicken/veg.
Potstickers
Fried Rice
Broccoli
Peaches