

- 2023 -

# SEPTEMBER

FRIDAY

## Abingdon-Avon High School

### Lunches Include:

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

Ala 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 STUDENT LUNCHES ARE FREE

"IN A WORLD WHERE YOU CAN BE  
ANYTHING, BE KIND"

Jennifer Dukes Lee

MONDAY

4

NO SCHOOL  
LABOR DAY

11

BONELESS WINGS  
POTATO WEDGES  
CARROTS/CELERY  
APPLESAUCE CUPS  
2<sup>ND</sup> CHOICE  
CORN DOG

18

BACON CHZ  
BURGER/BUN  
ONION RINGS  
GREEN BEANS, FRUIT  
2<sup>ND</sup> CHOICE:  
MEATBALL SUB

25

CHICKEN PATTY ON A  
BRIOCHE BUN  
TATOR TOTS  
PEAS, PEARS  
2<sup>ND</sup> CHOICE  
GRILLED CHIX  
ON BRIOCHE BUN

TUESDAY

5

BISCUIT/GRAVY  
SAUSAGE,  
HASHBROWN  
TROPICAL FRUIT  
APPLE JUICE BOX

12

CHEESE QUESADILLA  
SPANISH RICE  
CORN  
NACHO'S/CHEESE  
MIXED FRUIT  
SALAS. SOUR CREAM

19

SOFT TACO'S  
(CHICKEN OR BEEF)  
CHEESEY RICE  
STREET CORN SALAD  
PEACHES  
TOSTITO'S/ SALSA

26

TENDERLOIN/BUN  
CURLY FRIES  
CALIF. BLEND  
VEGGIES  
APPLE SLICES/  
CARAMEL CUP  
2<sup>ND</sup> CHOICE:  
HAMBURGER/BUN

WEDNESDAY

6

ROTINI  
W/MEATBALLS  
GARLIC TOAST  
GREEN BEANS,  
SIDE SALAD  
PINEAPPLE  
2<sup>ND</sup> CHOICE HAM  
SANDWICH

13

SLOPPY JOE/BUN  
BAKED FRIES  
PEAS/CARROTS  
MAND. ORANGES  
2<sup>ND</sup> CHOICE  
GRILL CHICKEN  
W/CHEESE SLICE

20

CHICKEN FRIED STEAK  
POTATO/GRAVY  
CORN, DINNER ROLL  
APPLESAUCE CUP  
2<sup>ND</sup> CHOICE  
SALISBURY STEAK

27

LASAGNA  
BOSCO STICKS  
MONACO BLEND VEG.  
FRUIT  
2<sup>ND</sup> CHOICE  
CHICKEN ALFREDO

THURSDAY

7

PULLED PORK/BUN  
BAKED BEANS,  
COLESLAW,  
BAG OF CHIPS,  
PEACHES  
2<sup>ND</sup> CHOICE  
CUBAN SLIDER

14

4 PCS. CHICKEN  
STRIPS & WAFFLES  
CORN BREAD  
BROCCOLI/CHZ  
MIX FRUIT

21

POPCORN CHICKEN  
MAC-CHEESE  
GARLIC BREADSTICK  
PEAS/CARROTS  
FRUIT  
2<sup>ND</sup> CHOICE  
CORN DOG

28

CHICKEN NUGGETS  
POTATO/GRAVY  
MIX VEGGIES  
PEACHES  
CORNBREAD SLICE

1

STUFFED CRUST PIZZA  
ITALIAN CHOP SALAD  
PKG. CARROTS, FRUIT  
BAKED CHIPS  
ICE CREAM CUP

8

NACHO SUPREME  
(MEAT, CHEESE, CHIPS)  
RANCHERO BEANS  
FRESH FRUIT  
SALSA, SOUR CREAM  
ASST. TOPPINGS

15

FLATBREAD PIZZA  
SIDE SALAD  
WATERMELON SLICE  
BAG OF CHIPS  
RICE KRISPIE TREAT

22

FRENCH BREAD PIZZA  
CESAR SALAD  
GREEN BEANS  
STRAWBERRY-  
BLUEBERRY MIX

29

BIG DADDY PIZZA  
CHEF SALAD  
CLEMENTINES  
BAKED LAY'S  
FROSTED COOKIES