

- 2023 -

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## 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, Dessert Cup  
Sandwiches, Fruit Cups, Flavored  
Or Non-Flavored Water, Juice Box

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

ALL STUDENTS LUNCHES ARE FREE

IN A WORLD WHERE YOU CAN BE  
ANYTHING, BE KIND

JENNIFER DUKES LEE

2

Popcorn Chicken  
Waffle Fries  
Peas/carrots  
Peaches  
Dinner Roll

3

Ham, Turkey, or  
Roast beef w/ Swiss  
On Croissant  
Summer Salad  
Chips, Pickle Spear  
Pineapple, Kiwi  
Strawberries

4

Taco in a bag  
(Meat, cheese, chips)  
Red Beans Rice  
Corn, Clementines  
Salsa, Sour Cream  
Lettuce

5

Homecoming  
Picnic:  
Hamburger/ Hot dog  
Potato salad,  
Bake Beans  
Fresh Berries  
Ice Cream Cup  
Homemade Cookies

6

Sack Lunch Day  
  
HOMECOMING

9

NO SCHOOL

10

Grilled or Breaded  
Chicken/Brioche Bun  
(Lettuce, tomato)  
Crinkle Cut Fries  
Mix Veggies  
Apples/Caramel

11

Sweet Sour Chicken  
Veg. Egg Roll  
Veg. Fried Rice  
Mandarin Oranges  
Fortune Cookies

12

Chicken Alfredo  
Or Spaghetti  
Bosco Stick  
Side Salad  
Green Beans  
Fruit

13

French Bread Pizza  
Italian Chop Salad  
Baked Chips  
Fruit  
Ice Cream Cup

16

Biscuit & Gravy  
Sausage  
Hashbrown  
Tropical Fruit  
100% Juice Box

17

Rotini w/Meatballs  
Garlic Toast  
Green Beans  
Side Salad,  
Pineapple

2<sup>nd</sup> Choice: Ham/bun

18

Early dismissal  
Sack lunch day

19

Chicken Nuggets  
Potatoes/Gravy  
Corn on the Cob  
Peach Applesauce  
Dinner Roll

20

Pulled Pork/Beef  
Nacho Supreme  
Ranchero Pinto Beans  
Strawberry/Pineapple  
Mix

23

Tenderloin or  
Italian Sub  
Curly Fries  
Fresh Veggies  
Fresh Fruit

24

Cheese Quesadilla  
Spanish Rice  
Corn,  
Nacho/cheese  
Mix Fruit

25

Chicken Fried Steak  
Or Salisbury Steak  
Potatoes/Gravy  
Calf. Blend Veg  
Tropical Fruit  
Corn Bread

26

Maidrite or Sloppy Jo  
Olive Garden Salad  
Seasoned Potatoes  
Mandarin Oranges

27

Stuffed Crust Pizza  
Cesar Salad  
Pkg. Carrots/ranch  
Baked Chips  
Fruit

30

Pizzaboli or  
Chix-Chz Burrito  
Tater tots  
Sunshine Blend Veg.  
Side Salad  
Apple Crisp

31

Corn Dogs or  
Hamburger  
Mac-Cheese  
Green Beans, Fruit