

AVINGER ISD

Good Eats at Avinger School

April ____ 2019

All students are offered a complete meal.
To include the 5 food groups: Protein,
Dairy, Vegetables, Fruit and Grain

Flavored Fat Free Milk 1% White Milk
Offered Everyday

Avinger ISD is an equal opportunity provider.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	Waffles, Fruit	2	Bagels, Fruit	3	Honey Bun ,Toast ,Fruit	4	French Toast, Fruit	5	Omelet, Fruit
	Mandarin Orange Chicken, Garlic Stick, Broccoli, Carrots, Fruit		Tacos, Side Salad, Corn Fruit		BBQ On A Bun, Chips, Baked Beans, Fruit		Chicken Drumstick, Potato Salad, Baked Beans, Fruit		Pizza, Corn, Veggie Sticks, Pineapple Tidbits
8	Cereal, Toast, Fruit	9	Breakfast Pizza, Fruit	10	Scrambled Eggs, Toast, Fruit	11	Sausage Biscuit, Fruit	12	Brk Bar, Fruit
	Steak Fingers, Mashed Potato, Green beans, Pineapple Tidbits		Chicken Nuggets, Spinach, Cauliflower, Fruit		Salisbury Steak, Early Peas , Scalloped Potatoes, Roll, Fruit		Spaghetti , Side Salad, Cucumbers, Fruit		Hamburgers, French Fries, Side Salad, Fruit
15	Pancakes ,Fruit	16	Omelet, Fruit	17	French Toast, Fruit	18	Honey Bun ,Toast ,Fruit	19	Good Friday Holiday
	General Tso's Chicken, Roll, Carrots, Broccoli, Fruit		Enchiladas, Mexican Rice, Black Beans, Fruit		Chicken Drumstick, Potato Salad, Baked Beans, Fruit		BBQ On A Bun, Cole Slaw, Baked Beans, Fruit		
22	Breakfast Pizza, Fruit	23	Cereal, Toast, Fruit	24	Sausage Biscuit, Fruit	25	Scrambled Eggs, Toast, Fruit	26	Brk Bar, Fruit
	Chicken Nuggets, Spinach, Chili Beans, Fruit		Steak Fingers, Mashed Potato, Green beans, Pineapple Tidbits		Spaghetti , Side Salad, Corn, Fruit		Salisbury Steak, Early Peas , Scalloped Potatoes, Roll, Fruit		Hamburgers, French Fries, Side Salad, Fruit
29	Honey Bun ,Toast ,Fruit	30	French Toast, Fruit						
	BBQ On A Bun, Coal Slaw, Baked Beans, Fruit		Chicken Drumstick, Potato Salad, Baked Beans, Fruit						

SPECIAL ANNOUNCEMENTS

4/19 Good Friday

4/15 to 5/31 Sixth Six Weeks

4/9 – 4/12 State Testing

--	--	--	--	--	--