

AVINGER ISD

Good Eats at Avinger School

March __, 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

Cereal, Toast, Fruit
Fish, Side Salad, French
Fries, Fruit

SPECIAL ANNOUNCEMENTS

Spring Break 3/11-3/15

4

Waffles, Fruit

Chicken Bites, Spinach, Corn,
Roll, Fruit

5

Pop Tarts, Fruit

Steak Fingers, Mashed Potato,
Green Beans, Roll, Fruit

6

Pancakes, Fruit

General TSO'S Chicken,
Garlic Bread, Broccoli, Carrots,
Fruit

7

Bagels, Fruit

Spaghetti , Side Salad,
Cucumbers, Fruit

8

Omelet ,Toast ,Fruit

Rib Sandwich , Cole
Slaw, Baked Beans,
Fruit

11

Spring Break

12

Spring Break

13

Spring Break

Spring Break

15

Spring Break

18

Pop Tarts, Fruit

Mandarin Orange Chicken,
Noodles, Broccoli, Carrots, Fruit

19

Omelet, Toast, Fruit

Tacos, Side Salad, Refried
Beans, Fruit

20

Pancakes, Fruit

Steak Fingers, Mashed Potato,
Green Beans, Roll, Fruit

8

Waffle ,Fruit

BBQ On A Bun, Chips,
Baked Beans, Fruit

22

Cereal, Fruit

Pizza, Corn, Side Salad,
Fruit

25

Biscuits, Sausage, Fruit

Popcorn Chicken, Green Beans,
Carrots ,Roll, Fruit

26

Pop Tarts, Fruit

Chicken Spaghetti , Side
Salad, Cucumbers, Fruit

27

Honey Bun, Fruit

Salisbury Steak, Early Peas,
Scalloped Potato, Roll, Fruit

28

Bagels, Fruit

Chicken Drumstick,
Potato Salad, Pinto
Beans, Fruit

29

Breakfast Pizza, Fruit

Hamburgers, Side Salad
,Sweet Potato French
Fries, Fruit