

Food Service Department

www.Avon-Schools.org

<u>Meal Prices</u>	
<i>Breakfast</i>	
K-12	\$1.50/\$.30 Reduced
<i>Lunch</i>	
K-4:	\$2.50/\$.40 Reduced
5-12:	\$2.60/\$.40 Reduced

Food Service Administrative Team

Emily Cates, Food Service Administrator
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Rebecca Leeper, Support Specialist
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Leann Snodgrass, Administrative Assistant
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(317) 544-6000



<u>Cafeteria Contacts</u>	
AHS	Donna McKnight DPMcKnight@avon-schools.org
North	Christine DeVaney CLDevaney@avon-schools.org
South	Lorie Ellis LEllis@avon-schools.org
East	Trissa Whitesell TLWhitesell@avon-schools.org
West	Janette Hartman JRHartman@avon-schools.org
Cedar	Michelle O'Banion MLOBanion@avon-schools.org
Hickory	Diana Batten DRBatten@avon-schools.org
Maple	Robin Lookabill RLLookabill@avon-schools.org
Pine Tree	Linda Smith LWSmith@avon-schools.org
River Birch	Sheila Ubelhor SIUbelhor@avon-schools.org
Sycamore	Natalie Vernick NNVernick@avon-schools.org
White Oak	Mary Cantlebarry MECantlebarry@avon-schools.org

Online Lunch Payment & Monitoring: The Titan Family Portal Website & App

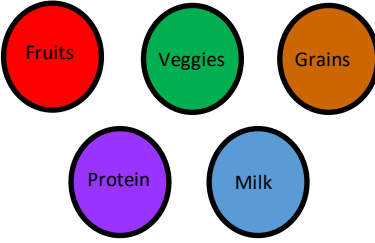
- ◆ Visit <https://family.titank12.com/MVZ4W5>
- ◆ Add funds (\$2.60/credit card, \$1.60/electronic check convenience fee)
- ◆ Complete a Free & Reduced Application (one per family)
- ◆ Set up low balance alerts and auto payments
- ◆ Monitor purchases, Set Limits & Transfer Funds



What Makes a Lunch?

Select 3—5
Different Components

*All Entrees include a protein and grain




All lunches must include a fruit or veggie!

All lunches are served with all five components: fruit, vegetable, protein, grain and milk. While we encourage students to take a full tray, we understand that sometimes students may not want all items offered. Students can decline up to two components as long as their tray contains a fruit or a vegetable.

Studies show that students eat better when given a choice what is on their tray and this practice also reduces food waste!

Start Your Day Off Right!

Did you know that we serve breakfast in all 12 schools for just \$1.50? Breakfast includes an entrée (grain and protein or two grains), choice of fruit and milk.



Check with your building for meal times.

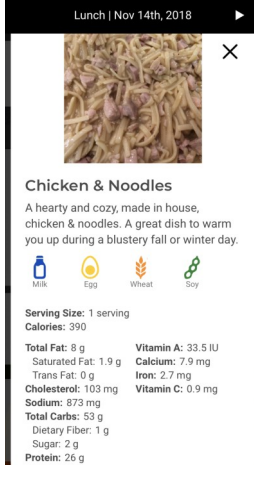
Food Allergies & Special Diets

Students with allergies are permitted food substitutions with a signed medical statement. Contact the office for more information.

Nutrislice

Use our interactive app and website to review breakfast and lunch menus, allergen information and nutritional facts for all menu items served. You can also rank items and provide feedback as well as see pictures of menu items.

<https://avon-schools.nutrislice.com>



Chicken & Noodles
A hearty and cozy, made in house, chicken & noodles. A great dish to warm you up during a blustery fall or winter day.

Serving Size: 1 serving
Calories: 390

Total Fat: 8 g
Saturated Fat: 1.9 g
Trans Fat: 0 g
Cholesterol: 103 mg
Sodium: 873 mg
Total Carbs: 53 g
Dietary Fiber: 1 g
Sugar: 2 g
Protein: 26 g

Vitamin A: 33.5 IU
Calcium: 7.9 mg
Iron: 2.7 mg
Vitamin C: 0.9 mg