



# Abington Heights School District

## Breakfast Menu

### March 2024



**What is a Meal?**  
 You must choose at least 3 of the 4 components available for the school breakfast price.

Choice of: Grain or grain/protein  
 Choice of fruit or vegetable (must take at least a 1/2 cup) and  
 Choice of Milk  
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

You must take at least 1/2 cup of fruit or vegetable

**Whole Grain Cereal Selection May Include:**  
 Cinnamon Toast Crunch  
 Trix  
 Cocoa Puffs  
 Fruity Cheerios  
 Rice Crunch  
 Kix  
 Cheerios  
 Fruit Loops  
 Frosted Flakes

Served with Toast

**Fruit May Include:**  
 Canned peaches, applesauce, pears, pineapple, fruit cocktail, mandarin oranges, 100% juice (apple, orange), fresh fruit selection including apples, bananas and oranges

Marissa Janesko  
 General Manager  
[ma1113@metzcorp.com](mailto:ma1113@metzcorp.com)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2/26/24</b>	<b>2/27/24</b>	<b>2/28/24</b>	<b>2/29/24</b>	<b>3/1/24</b>
Assorted Whole Grain Muffins String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pancake & Sausage on a Stick  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Fruit & Yogurt Parfait with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet w/ English Muffin  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted WG Cereals with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>3/4/24</b>	<b>3/5/24</b>	<b>3/6/24</b>	<b>3/7/24</b>	<b>3/8/24</b>
<b>Celebrate</b>	<b>National</b>	<b>School</b>	<b>Breakfast</b>	<b>Week!!</b>
Emoji Vanilla Graham Bites w/ Low Fat Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Breakfast Sandwich on a crossiant  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Warm Donut w/ Vanilla Glaze String Cheese Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Belgium Waffles w/ toppings bar  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet w/ Mini Bagel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>3/11/24</b>	<b>3/12/24</b>	<b>3/13/24</b>	<b>3/14/24</b>	<b>3/15/24</b>
Assorted Whole Grain Cereal with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Bagel w/ Plain or Strawberry Cream Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza Bagel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Whole Grain Muffin w/ yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cinnamon French Toast Bites  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>3/18/24</b>	<b>3/19/24</b>	<b>3/20/24</b>	<b>3/21/24</b>	<b>3/22/24</b>
Assorted Whole Grain Cereal Bar  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Warm Apple Frudel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Egg & Cheese Breakfast Sandwich  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Poptart w/ Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Sliced Banana Bread w/ String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>3/25/24</b>	<b>3/26/24</b>	<b>3/27/24</b>	<b>3/28/24</b>	<b>3/29/24</b>
Pancake & Sausage on a Stick Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Donut w/ Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet w/ mini bagel  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Whole Grain Cereals with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	

**BREAKFAST IS FREE FOR ALL STUDENTS!!!**