

JANUARY 2022

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

Daily Fruit Selection May Include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Whole Grain Cereal Selection May Include:

- Cinnamon Toast Crunch
- Trix Kix
- Cocoa Puffs
- Fruity Cheerios
- Rice Crunch
- Honey Nut Cheerios
- Cheerios
- Fruit Loops
- Frosted Flakes

Breakfast Prices:

ALL STUDENTS ARE ELIGIBLE FOR A FREE BREAKFAST DAILY!

Adult: \$1.80

Assorted Snacks Available Daily: \$0.55

8 oz Bottled Water: \$0.55

16 oz Bottled Water: \$1.00

4 oz 100% Juice: \$0.80

Milk: \$0.75

General Manager

Phone Number 570-585-5309

USDA is an equal opportunity provider and employer.



ABINGTON HEIGHTS BREAKFAST MENU



Monday

Tuesday

Wednesday

Thursday

Friday

10
Whole Grain Poptart
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

11
Whole Grain Blueberry Muffin
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

12
Whole Grain Glazed Donut
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

13
Whole Grain Cereal Bar
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

14
Whole Grain Assorted Cereal String Cheese
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

17
NO SCHOOL

18
Whole Grain Bagel w/ Cream Cheese
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

19
Whole Grain Mini Maple Waffles
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

20
Fruit & Yogurt Parfait
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

21
Whole Grain Poptart
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

24
Warm Whole Grain Glazed Donut
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

25
Whole Grain Chocolate Muffin
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

26
Whole Grain Cereal Bar
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

27
Fruit & Yogurt Parfait
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

28
Whole Grain Poptart
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

4
Whole Grain Bagel with Cream Cheese
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

5
Whole Grain Apple Cinnamon Muffin
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

6
Fruit & Yogurt Parfait
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

7
Whole Grain Assorted Cereal String Cheese
Assorted Fresh Fruit
100% Fruit Juice
Low Fat Milk

