

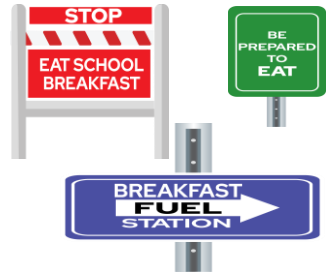


ABINGTON HEIGHTS SCHOOL DISTRICT BREAKFAST MENU MARCH 2023

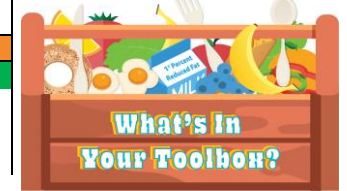


| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 2/27/23 | 2/28/23 | 3/1/23 | 3/2/23 | 3/3/23 |
| Assorted Whole Grain Cereal | Assorted Whole Grain Muffin with Graham Crackers | Assorted Whole Grain Donuts with D'animals Yogurt | Assorted Whole Grain Poptarts with Graham Crackers | Warm Mini Cinnamon Buns with Graham Crackers |
| Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk |
| 3/6/23 | 3/7/23 | 3/8/23 | 3/9/23 | 3/10/23 |
| Assorted Cereal | Whole Grain Bagel with Strawberry or Plain Cream Cheese | **NEW BREAKFAST ITEM** Breakfast Pizza Egg, Cheddar Cheese, & Sausage | Assorted Cereal Bars String Cheese | **NEW BREAKFAST ITEM** Mini Chocolate Chip French Toast |
|  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk |
| 3/13/23 | 3/14/23 | 3/15/23 | 3/16/23 | 3/17/23 |
| No School | Whole Grain Muffin with Graham Crackers | Apple Breakfast Frudel D'animals Yogurt | Whole Grain Assorted Cereal String Cheese | St. Patrick's Day! Shakin Shamrock Parfait Vanilla Yogurt topped with Lucky Charms Cereal |
| Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk |
| 3/20/23 | 3/21/23 | 3/22/23 | 3/23/23 | 3/24/23 |
| Whole Grain Assorted Donut D'animals Yogurt | Breakfast Pizza Egg, Cheese, Sausage | Whole Grain Assorted Poptart with String Cheese | Whole Grain Mini Cinnamon Buns | Whole Grain Assorted Cereal Bar with Yogurt |
| Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk |
| 3/27/23 | 3/28/23 | 3/29/23 | 3/30/23 | 3/31/23 |
| Whole Grain Sliced Banana Bread with Graham Crackers | Cinnamon Cream Cheese Filled Bagel Stix | Whole Grain Assorted Donut with D'animals Yogurt | Whole Grain Assorted Muffin with Graham Crackers | Whole Grain Assorted Cereals or Cereal Bar with String Cheese |
| Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk | Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk |

NATIONAL SCHOOL BREAKFAST WEEK!!



JOIN US AS WE CELEBRATE NSBW WITH NEW MENU ITEMS, FUN GIVEAWAYS, AND A NUTRITIOUS, BALANCED BREAKFAST THAT KEEPS YOU ENERGIZED ALL DAY!!



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

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

Muffins May Include:
Blueberry, Chocolate, Apple Cinnamon, & Banana

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USDA is an equal opportunity provider and employer.

BREAKFAST IS FREE FOR ALL STUDENTS