



ABINGTON HEIGHTS SCHOOL DISTRICT

Breakfast Menu

April 2024



Monday	Tuesday	Wednesday	Thursday	Friday
4/1/24	4/2/24	4/3/24	4/4/24	4/5/24
No School	Whole Grain Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Blueberry Crumb Bread with String Cheese Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Cinnamon Waffles Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Cereal with Low Fat Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
4/8/24	4/9/24	4/10/24	4/11/24	4/12/24
Assorted Muffins with Graham Crackers 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	Whole Grain Poptart with Low Fat Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Warm Apple Frudel with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Banana Bread with String Cheese Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
4/15/24	4/16/24	4/17/24	4/18/24	4/19/24
Whole Grain Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Pizza Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Warm Mini Cinnamon Buns 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	Assorted Cereal with Low Fat Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
4/22/24	4/23/24	4/24/24	4/25/24	4/26/24
Whole Grain Powdered Donut with Low Fat Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Pizza Bagel Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Muffins with String Cheese Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Strawberry Cream Cheesse Bagel Stick Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Cereal Bar with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
4/29/24	4/30/24	5/1/24	5/2/24	5/3/24
Bagel w/ Cream Cheese with Graham Crackers Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Cheese Omelet with Mini Bagel Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Poptart with 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	Whole Grain Chocolate Donut with Low Fat Yogurt Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk

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



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ALL STUDENTS ARE ELIGIBLE FOR FREE BREAKFAST!!

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