



# ABINGTON HEIGHTS SCHOOL DISTRICT BREAKFAST MENU NOVEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10/30/23</b>	<b>10/31/23</b>	<b>11/1/23</b>	<b>11/2/23</b>	<b>11/3/23</b>
Whole Grain Assorted Cereal  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Banana Bread  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Fruit and Yogurt Parfait  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Assorted Cereals or Cereal Bar with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>11/6/23</b>	<b>11/7/23</b>	<b>11/8/23</b>	<b>11/9/23</b>	<b>11/10/23</b>
Whole Grain Powdered Donut  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Breakfast Sandwich  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Assorted Muffin String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Assorted Cereal Low Fat Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	No School
<b>11/13/23</b>	<b>11/14/23</b>	<b>11/15/23</b>	<b>11/16/23</b>	<b>11/17/23</b>
Warm Mini Cinnamon Buns  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	<b>Breakfast Pizza</b> Egg, Cheese, Sausage  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Assorted Cereal Bar String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Maple Waffles  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain PopTart  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
<b>11/20/23</b>	<b>11/21/23</b>	<b>11/22/23</b>	<b>11/23/23</b>	<b>11/24/23</b>
<b>Bagel Stick</b> filled w/ cinnamon sugar cream cheese.  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Fruit and Yogurt Parfait  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Assorted Cereal  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	No School  	No School
<b>11/27/23</b>	<b>11/28/23</b>	<b>11/29/23</b>	<b>11/30/23</b>	<b>12/1/23</b>
No School		Whole Grain Sliced Blueberry Bread  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	Whole Grain Assorted Donuts  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

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

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

USDA is an equal opportunity provider and employer.