



# ABINGTON HEIGHTS SCHOOL DISTRICT

## Breakfast Menu

### MAY 2024



Monday	Tuesday	Wednesday	Thursday	Friday
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 w/ 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	Pancakes & Sausage on a stick  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Donut with Low Fat Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/6/24	5/7/24	5/8/24	5/9/24	5/10/24
Assorted Muffins with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini Cinnamon Toast Crunch Pancakes  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Cereal Bars with Low Fat Yogurt  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	Banana Bread with String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/13/24	5/14/24	5/15/24	5/16/24	5/17/24
Whole Grain Cereal with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Poptart w/ Low Fat Yogurt  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	Assorted Cereal Bars w/ String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Whole Grain Donut with Low Fat Yogurt  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/20/24	5/21/24	5/22/24	5/23/24	5/24/24
Assorted Muffins with String Cheese  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Mini TRIX Pancakes  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk	Banana Bread w/ Low Fat Yogurt  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 with Graham Crackers  Assorted 100% Fruit Juice & Assorted Fresh or Canned Fruit Choice of Milk
5/27/24	5/28/24	5/29/24	5/30/24	5/31/24
<b>No School</b>  	Bagel w/ Cream Cheese with Graham Crackers  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 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

**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 (apple, orange), fresh fruit selection including apples, bananas and oranges

Marissa Janesko  
 General Manager  
[mar112@metzcorp.com](mailto:mar112@metzcorp.com)

**ALL STUDENTS ARE ELIGIBLE FOR FREE BREAKFAST!!**

USDA is an equal opportunity provider and employer.