ABINGTON HEIGHTS SCHOOL DISTRICT BREAKFAST MENU

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Glazed Dunking Sticks Or Assorted Cereal with Graham Crackers	**3** Mini Maple Pancakes or Assorted Cereal with Graham Crackers	**4** Chocolate Muffin with String Cheese or Assorted Cereal with Graham Crackers	**5** Assorted Cereal Bars with Low Fat Yogurt or Assorted Cereal with Graham Crackers	**6** Breakfast Banana Split or Assorted Cereal with Graham Crackers
9 Poptart with String Cheese or Assorted Cereal with Graham Crackers	**10** Cheese Omelet with Mini Biscuit or Assorted Cereal with Graham Crackers	**11** No School	 Fruit & Yogurt Parfait or Assorted Cereal with Graham Crackers	**13** Dutch Waffle or Assorted Cereal with Graham Crackers
16 Mini Powdered Donuts or Assorted Cereal with Graham Crackers	**17** Breakfast Pizza Bagel or Assorted Cereal with Graham Crackers	**18** Blueberry Muffin with Low Fat Yogurt or Assorted Cereal with Graham Crackers	**19** Mini Cinnamon Rolls or Assorted Cereal with Graham Crackers	**20** Bagel with Cream Cheese or Assorted Cereal with Graham Crackers
23 Banana Bread or Assorted Cereal with Graham Crackers	**24** Mini Maple Pancakes or Assorted Cereal with Graham Crackers	**25** Mini Chocolate Donuts or Assorted Cereal with Graham Crackers	**26** NO SCHOOL	**27** NO SCHOOL
30 NO SCHOOL	**1** Glazed Dunkin Sticks or Assorted Cereal with Graham Crackers	**2** Breakfast Pizza Bagel or Assorted Cereal with Graham Crackers	**3** Fruit & Yogurt Parfait or Assorted Cereal with Graham Crackers	**4** Dutch Waffle or Assorted Cereal with Graham Crackers

MAKE IT A MEAL!
Choose at least **3** of **4** meal components for the school breakfast price:
Whole Grain, Meat/Meal Alternative, Fruit/Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a breakfast.

Breakfast Prices
Breakfast is *FREE* for all Students!!

Available Daily
Assorted cereals with Graham Crackers

Fruit Selection
Fresh Fruit, Canned Fruit, 100% Fruit Juice
Students may choose up to two ½ cup servings of fruit.

Milk Selection
Low Fat White Milk
Fat Free Chocolate Milk

Your Dining Services Team
Marissa Janesko
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

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