

Breakfast offered at

AES Cafeteria: Avon HS students may eat at AES before going to Abingdon

HGS Cafeteria

HS Cafeteria: Abingdon MS students may eat in Hs before going to Avon

Bowl of Cereal

Or Oatmeal

Coffee Cake

Juice and Milk

Cheese Omelet

Sausage Link

Toast

Juice and Milk

Groundhog Day is February 2nd, if the ground hog doesn’t see his shadow winter will soon end.

If the ground hog comes out and sees his shadow winter will last another six weeks.

Either way first day of Spring is March 20th.

Pancake on a stick

Cheese Stick

Juice and Milk

Breakfast Wrap

Yogurt Cup

Fruit

Juice and Milk

Scrambled Eggs

Bacon, Toast

Juice and Milk

Cinnamon Rolls

Bowl of Cereal

Fruit

Juice and Milk

Biscuit/gravy

Tator tots (HS only)

Fruit

Juice and Milk

Breakfast Hot Pocket

Yogurt Cup

Juice and Milk

Pancake Confetti Bites

Syrup

Sausage links

Fruit, Juice and Milk

Breakfast Pizza

Cheese Stick

Juice and Milk

Egg Patty

Cheese, Sausage on Muffin

Tri-tator Patty

Fresh Fruit

Juice and Milk

Bowl of Cereal or Oatmeal

Banana Bread Slice

Fruit

Juice and Milk

No School

President Lincoln’s

Birthday Holiday

No School

Dutch Waffle

Bacon

Fresh Fruit

Juice and Milk

Bowl of Cereal or

Oatmeal

Pop tart

Fruit, Juice and Milk

Cheese Omelet

Toast

Hash brown Patty

Juice and Milk

French toast Bites

Sausage link

Syrup, Fruit

Juice and Milk

Breakfast Wrap

Yogurt Cup

Fruit

Juice and Milk

Bowl of Cereal

Pillsbury Crescent w/ chocolate filling

Fruit, Juice and Milk

**FEBRUARY 2019**

Home of the A-Town Tornadoes K-12