

Breakfast is served in the Avon and Hedding Cafeteria’s; Abingdon Middle School may eat at the High School before getting on bus to Avon

Biscuit/gravy

Hash brown Potato

Fruit, Juice and Milk

Scrambled Eggs

Sausage

Toast

Juice and Milk

Breakfast Wrap

(Egg, Cheese)

Mini Muffin

Juice and Milk

Cereal

Or Oatmeal

Pillsbury Crescent w/chocolate

Fruit, Juice Milk

Pancake on a stick

Yogurt cup

Fruit and Juice

Cereal

Powdered Donuts

Juice and Milk

Breakfast Pizza

Fruit

Juice and Milk

Biscuit/gravy

Hash browns

Fruit

Juice and Milk

Cereal

Apple Bosco Stick

Juice and Milk

Omelet

Toast

Bacon

Juice and Milk

Cinnamon Rolls

Bowl of Cereal

Fruit

Juice and Milk

Scrambled Cheesy Eggs

Bacon

Toast

Fruit, Juice and Milk

French toast Sticks

Sausage links

Fruit

Juice and Milk

Breakfast Wrap

(Ham/cheese)

Hash Brown

Fruit, Juice and Milk

Chicken Biscuit

Cheese Stick

Fruit, Juice and Milk

Dutch Waffle

Syrup

Sausage Link

Fruit, Juice and Milk

Bowl of Cereal

Or Oatmeal

Mini Muffins

Fruit, Juice and Milk

Egg Patty

Sausage Patty on English muffin

Yogurt cup

Fruit

Juice and Milk

Breakfast Hot Pocket

Mini Muffin

Fruit, Juice and Milk

Pancake

Bacon

Milk, Juice and Fruit

Cooks

Choice

**MARCH 2019**

Home of the Tornadoes K-12