

Cereal or Oatmeal

Coffee Cake

Fruit, Juice and Milk

Eggo Pancake

Syrup, Sausage Patty

Fruit, Juice and Milk

Waffle

Syrup, Bacon

Fruit, Juice and Milk

Breakfast Hot Pocket

Yogurt cup

Fruit, Juice and Milk

Cinnamon Roll

Cereal

Fruit, Juice and Milk

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

Chicken Biscuit

Breakfast Sandwich

Cheese Stick

Fruit, Juice and Milk

Omelet

Bacon, Toast

Fruit, Juice, Milk

French Toast

Syrup, Sausage Link

Fruit, Juice and Milk

Cereal

Chocolate Bread Slice

Fruit, Juice and Milk

No School

No School

Good Friday

No School

Breakfast Pizza

Granola Bar

Fruit, Juice and Milk

Breakfast Hot Pocket

Yogurt Cup

Fruit, Juice and Milk

Cereal

Pop tart

Fruit, Juice and Milk

Egg/cheese

On English muffin

Tri-tator

Fruit, Juice and Milk

Cereal

Cream Cheese Bagel

Fruit, Juice and Milk

Omelet, Bacon

Toast

Fruit, Juice and Milk

Cereal

Glazed Donut

Fruit, Juice and Milk

Breakfast Wrap

Tator Tots

Fruit, Juice and Milk

Breakfast Pizza

 Cheese Stick

Fruit, Juice and Milk

Scrambled Eggs,

Sausage, Toast

Granola Bar

Fruit, Juice and Milk

**APRIL 2019**

Home of the Tornadoes K-12 Menu