

Cinnamon Rolls

Cheese Sticks

Fruit, Juice and Milk

\*Avon to have Chocolate Bread

Breakfast is served in the following Cafeterias

Avon Elementary

Hedding Grade School

Abingdon/Avon HS

Abingdon MS students are served breakfast at HS

Be kind, Be thoughtful

Be genuine, but most of all

Be Thankful

Omelet, Bacon

Toast

Fruit, Juice and Milk

Egg/Sausage/Cheese

Breakfast Sandwich

Granola Bar

Fruit, Juice and Milk

Biscuit/gravy

Hash Round

Fruit, Juice and Milk

Cereal

WG Mini Muffin

Fruit, Juice and Milk

Breakfast Wrap

(Egg, Cheese)

Hash Brown

Fruit, Juice and Milk

Chicken Biscuit

Sandwich

Cheese Stick

Fruit, Juice and Milk

Dutch Waffle/syrup

Strawberries

Fruit, Juice and Milk

Ham and Cheese

Hot Pocket

Granola Bar

Fruit, Juice and Milk

Cereal

Chocolate Bread

Fruit, Juice and Milk

No School

Veteran’s Day

Breakfast Burrito

Hash brown

Fruit, Juice and Milk

Mini Pancakes

Sausage Links

Fruit, Juice and Milk

Cereal

Nutri-grain bar

Fruit, Juice and Milk

French toast Sticks

Bacon

Fruit, Juice and Milk

Breakfast Hot Pocket

(Egg, Sausage, Cheese)

Yogurt

Fruit, Juice and Milk

**NOVEMBER 2019**

Home of the Tornadoes K-12

Pancake on a stick

Syrup

Yogurt

Fruit, Juice and Milk

No

School

No

School

No

School

No

School