

Breakfast is served in the following Cafeterias:

Avon Elementary

Hedding Grade School

Abingdon-Avon HS

Abingdon MS students are served at the HS

If we all make today Awesome for somebody else

Today will be Awesome for Everybody

Cinnamon Roll

Cereal

Fruit, Juice and Milk

Avon will serve

Chocolate Bread

Breakfast Hot Pocket

Or Breakfast Tornado

Granola bar

Fruit, Juice and Milk

Cereal

Or Oatmeal

Banana Bread

Fruit, Juice and Milk

Pancake on a stick

Syrup

Hash brown

Fruit, Juice and Milk

Pillsbury Soft

Breakfast Bar

Cheese Stick

Fruit, Juice and Milk

Omelet

Sausage Patty

Toast

Fruit, Juice and Milk

Egg Patty

W/cheese on Muffin

Rice Krispie Bar

Fruit, Juice and Milk

Cereal

Or Oatmeal

Mini Muffin

Fruit, Juice and Milk

No

School

Chicken Biscuit

Sandwich

Yogurt Cup

Fruit, Juice and Milk

French toast Sticks

Syrup

Sausage link

Fruit, Juice and Milk

Breakfast

Hot Pocket

Granola Bar

Fruit, Juice and Milk

Cereal

Or Oatmeal

Nutri grain bar

Fruit, Juice and Milk

Biscuit-Gravy

Sausage Patty

Fruit, Juice and Milk

Breakfast Pizza

Cheese Stick

Fruit, Juice and Milk

Scrambled Eggs

Sausage, Toast

Fruit, Juice and Milk

Pancake on a Stick

Hash Brown

Fruit, Juice and Milk

Cereal

Or Oatmeal

Chocolate Bread

Fruit, Juice and Milk

Cream Cheese

Filled Bagel

Fruit, Juice and Milk

No School

No School

Happy New Year!!!

**JANUARY 2020**

Home of the Tornadoes

Dutch Waffle/syrup

Bacon

Fruit, Juice and Milk