

December

Mannheim Breakfast Menu



FREE MEALS
To All Children 18 and Under

Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

~Arbor Management~

Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

Menu changes are occasionally necessary. Notice will be given when possible.
 This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cereal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk	Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
7	8	9	10	11
Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk	Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
14	15	16	17	18
Cereal Bar Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	Banana Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
21	22	23 No School	24 No School	25 No School
Cereal Bar Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk	Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
28 No School	29 No School	30 No School	31 No School	
Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk	Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	

