



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!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Bowl Fruit Selection 1% or Skim Milk	4 Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	5 Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	6 Banana Bar Fruit Selection 1% or Skim Milk	7 Cereal Bowl Fruit Selection 1% or Skim Milk
10 Cinnamon Pop Tart Fruit Selection 1% or Skim Milk	11 Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	12 Plain Bagel Fruit Selection 1% or Skim Milk	13 Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	14 Cereal Bowl Fruit Selection 1% or Skim Milk
17 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	18 Cereal Bar Fruit Selection 1% or Skim Milk	19 Cereal Bowl Fruit Selection 1% or Skim Milk	20 Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	21 Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
24 Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	25 Banana Bar Fruit Selection 1% or Skim Milk	26 Plain Bagel Fruit Selection 1% or Skim Milk	27 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	28 Cereal Bar Fruit Selection 1% or Skim Milk
31 No School				
Cereal Bowl Fruit Selection 1% or Skim Milk				

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

