



**JANUARY 2019  
ALL SCHOOLS  
Skokie SD 68**



**Grades K-8**



**Arbor A+ Ingredients**

✓ Our Entrée Choices are all Whole Grain Rich!  
 ✓ Local fruit is served whenever possible!  
 ✓ Our Milk is Hormone-free and produced on sustainable farms!

**Category 1 Entrée**

Monday	Tuesday	Wednesday	Thursday	Friday
French Toast Sticks & Syrup	Egg & Cheese Breakfast Sandwich on English Muffin	Chocolate Graham Bears & Cheese Stick	Whole Grain Blueberry Muffin	Buttermilk Pancakes & Syrup
or Strawberry Yogurt & Cinnamon Graham Bears	or Cheese Stick & Cinnamon Graham Bears	or Buttermilk Waffles & Syrup	or Whole Grain Banana Muffin	or Cheese Stick & Chocolate Graham Bears
or Cheese Stick & Chocolate Bears	or Whole Grain Bagel & Cream Cheese	or Whole Grain Bagel & Cream Cheese	or Whole Grain Strawberry Pop Tart	or Whole Grain Bagel & Cream Cheese

**Breakfast \$1.50**

**"Meal Deal"**

We offer a complete Breakfast!  
 Entrée  
 Fruit Serving 1  
 Fruit Serving 2  
 Milk

You can have all four items but must choose 3 at a minimum and one of those 3 must be fruit!

**Category 2 Alternate Entrée Any Day**

Whole Grain Rich Reduced Sugar Cereal in a variety of flavors served with Vanilla Graham Bears.

**Category 3- Fruit or Juice**

A 1/2 cup serving of 100% Fruit Juice or Fresh, Canned or Frozen Fruit

You may have 2 servings of fruit, but you must have at least 1 serving.



**BREAKFAST MEAL**  
 -Please select 1 entrée from category 1 or 2.  
 -Select milk & one or both Fruit and/or juice

**Category 4 - Choice of Milk**  
 1% White or Skim Chocolate



**Arbor Management, Inc. is pleased to be the food service provider to Skokie School District 68.**

**We welcome your comments and suggestions. Marv Barishman, Food Service Director @ 847-568-7586**

