



SEPTEMBER 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	or	or	or	or
Strawberry Yogurt & Cinnamon Graham Bears	Cheese Stick & Cinnamon Graham Bears	Buttermilk Waffles & Syrup	Whole Grain Banana Muffin	Cheese Stick & Chocolate Graham Bears
or	or	or	or	or
Cheese Stick & Chocolate Bears	Whole Grain Bagel & Cream Cheese	Whole Grain Bagel & Cream Cheese	Whole Grain Strawberry Pop Tart	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. Susan Goriel, Food Service Director @ 847-568-7586

