

# August 2020

# Skokie Breakfast Menu



**Breakfast \$ 1.50**

**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
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
			Cream Cheese Bagel Fruit Serving 100% Juice 1% or Skim Milk	Banana Muffin Fruit Serving 100% Juice 1% or Skim Milk
31				
Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk				

