

# September 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
	1 Strawberry Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk	2 Cheese Sticks Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	3 Whole Grain Honey Bun Fruit Serving 100% Juice 1% or Skim Milk	4 Cereal Bowl Graham Bear Fruit Serving 100% Juice 1% or Skim Milk
7 No Service Labor Day	8 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk	9 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	10 Banana Bread Fruit Serving 100% Juice 1% or Skim Milk	11 Blueberry Muffin Fruit Serving 100% Juice 1% or Skim Milk
14 Cereal Bar Graham Bear Fruit Serving 100% Juice 1% or Skim Milk	15 Cinnamon Swirl Roll Fruit Serving 100% Juice 1% or Skim Milk	16 Cheese Stick Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	17 Apple Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk	18 Cereal Bowl Fruit Serving 100% Juice 1% or Skim Milk
21 Cereal Bowl Graham Bear Fruit Serving 100% Juice 1% or Skim Milk	22 Berry Bread Fruit Serving 100% Juice 1% or Skim Milk	23 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	24 Cream Cheese Bagel Fruit Serving 100% Juice 1% or Skim Milk	25 Banana Muffin Fruit Serving 100% Juice 1% or Skim Milk
28 No Service No School- Yom Kippur	29 Strawberry Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk	30 Cheese Sticks Graham Bears Fruit Serving 100% Juice 1% or Skim Milk		

