

October

Skokie Breakfast Menu



**FREE
BREAKFAST**

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	2
			Whole Grain Honey Bun 100% Juice 1% or Skim Milk	Cereal Bowl 100% Juice 1% or Skim Milk
5	6	7	8	9
Apple Oatmeal Bar 100% Juice 1% or Skim Milk	Cereal Bar 100% Juice 1% or Skim Milk	Fruit Yogurt Graham Bears 100% Juice 1% or Skim Milk	Banana Bread 100% Juice 1% or Skim Milk	Blueberry Muffin 100% Juice 1% or Skim Milk
12	13	14	15	16
Holiday No Service	Cinnamon Swirl Roll 100% Juice 1% or Skim Milk	Cheese Stick Graham Bears 100% Juice 1% or Skim Milk	Apple Oatmeal Bar 100% Juice 1% or Skim Milk	Cereal Bowl 100% Juice 1% or Skim Milk
19	20	21	22	23
Cereal Bowl 100% Juice 1% or Skim Milk	Berry Bread 100% Juice 1% or Skim Milk	Fruit Yogurt Graham Bears 100% Juice 1% or Skim Milk	Cream Cheese Bagel 100% Juice 1% or Skim Milk	Banana Muffin 100% Juice 1% or Skim Milk
26	27	28	29	30
Cereal Bar 100% Juice 1% or Skim Milk	Strawberry Oatmeal Bar 100% Juice 1% or Skim Milk	Cheese Sticks Graham Bears 100% Juice 1% or Skim Milk	Whole Grain Honey Bun 100% Juice 1% or Skim Milk	Cereal Bowl 100% Juice 1% or Skim Milk

