

November

Skokie Breakfast Menu



FREE MEALS
To All Children 18 and Under

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
2 No School—Take Home	3 No School—Take Home	4	5	6
Apple Oatmeal Bar Fruit Selection 1% or Skim Milk Take Home Meals available October 30	Cereal Bar Fruit Selection 1% or Skim Milk Take Home Meals available October 30	Cereal Bowl Fruit Selection 1% or Skim Milk	Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
9	10	11	12	13
Strawberry Pop-Tart Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk	Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
16	17	18	19	20
Cereal Bar Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	Banana Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
23	24	25 No School—Take Home	26 No School—Take Home	27 No School—Take Home
Cereal Bar Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk Take Home Meals on 11/24	Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk Take Home Meals on 11/24	Cereal Bowl Fruit Selection 1% or Skim Milk Take Home Meals on 11/24
30	<p>Free Meals Available for Non Attendance Days</p> <p>Take Home Meals for November 2nd and November 3rd available October 30.</p> <p>Take Home Meals for November 25-29 available November 24.</p>			
Apple Oatmeal Bar Fruit Selection 1% or Skim Milk				

