

May 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!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cereal Bowl Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Banana Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
10	11	12	13 No School	14
Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk	Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
17	18	19	20	21
Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
24	25	26	27	28
Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Banana Bar Fruit Selection 1% or Skim Milk	Plain Bagel Fruit Selection 1% or Skim Milk	Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk
31 No School				
Cereal Bowl Fruit Selection 1% or Skim Milk				

Free Meals Available for Non Attendance Days

Menu changes are occasionally necessary.
Notice will be given when possible.

This institution is an equal opportunity employer.

