

June 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
	1	2	3	4
	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
7	8	9	10	11
Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk			
14	15	16	17	18
21	22	23	24	25
28	29	30		

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.

