

# Hawthorn SD 73 - May Remote Breakfast Menu



**FREE**  
**BREAKFAST**  
for 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
5 Apple Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk	6 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk	7 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	8 Banana Bread Fruit Serving 100% Juice 1% or Skim Milk	9 Blueberry Muffin-2 oz Fruit Serving 100% Juice 1% or Skim Milk
12 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk	13 Cinni Mini Fruit Serving 100% Juice 1% or Skim Milk	14 Cheese Stick Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	15 Apple Oatmeal Bar- 2oz Fruit Serving 100% Juice 1% or Skim Milk	16 Cereal Bowl Graham Bears Fruit Serving 100% Juice 1% or Skim Milk
19 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk	20 Berry Bread Fruit Serving 100% Juice 1% or Skim Milk	21 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	22 Cream Cheese Bagel Fruit Serving 100% Juice 1% or Skim Milk	23 Banana Muffin-2 oz Fruit Serving 100% Juice 1% or Skim Milk
26 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk	27 Strawberry Oatmeal Bar—2 oz. Fruit Serving 100% Juice 1% or Skim Milk	28 Cheese Sticks Graham Bears Fruit Serving 100% Juice 1% or Skim Milk	29 Whole Grain Honey Bun Fruit Serving 100% Juice 1% or Skim Milk	30 Cereal Bowl Graham Bears Fruit Serving 100% Juice 1% or Skim Milk
26 No School Apple Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk	27	28	29	30  May 7, 2021

Menu changes are occasionally necessary.  
Notice will be given when possible.  
This institution is an equal opportunity employer.

