

May- Hawthorn S.D. 73 In Person 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!

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

This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Apple Oatmeal Bar-48g Fruit Serving 100% Juice 1% or Skim Milk	4 Cereal Bar-30g Fruit Serving 100% Juice 1% or Skim Milk	5 Fruit Yogurt-19g Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk	6 Banana Bread-45g Fruit Serving 100% Juice 1% or Skim Milk	7 Blueberry Muffin-2 oz-26g Fruit Serving 100% Juice 1% or Skim Milk
10 Cereal Bar-30g Fruit Serving 100% Juice 1% or Skim Milk	11 Cinni Mini-39g Fruit Serving 100% Juice 1% or Skim Milk	12 Cheese Stick-1g Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk	13 Apple Oatmeal Bar-2oz-45g Fruit Serving 100% Juice 1% or Skim Milk	14 *Cereal Bowl Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk
17 Cereal Bar-30g Fruit Serving 100% Juice 1% or Skim Milk	18 Berry Bread-46g Fruit Serving 100% Juice 1% or Skim Milk	19 Fruit Yogurt-21g Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk	20 Cream Cheese Bagel-41g Fruit Serving 100% Juice 1% or Skim Milk	21 Banana Muffin-2 oz-27g Fruit Serving 100% Juice 1% or Skim Milk
24 Cereal Bar-30g Fruit Serving 100% Juice 1% or Skim Milk	25 Strawberry Oatmeal Bar—2 oz.-46g Fruit Serving 100% Juice 1% or Skim Milk	26 Cheese Sticks-1g Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk	27 Whole Grain Honey Bun-34g Fruit Serving 100% Juice 1% or Skim Milk	28 *Cereal Bowl Graham Bears-21g Fruit Serving 100% Juice 1% or Skim Milk
31 No School				

Milk
Plain 1%-13g
Plain Skim-13g
Fruit & Juice Carb Counts on Separate Document

*Cereal
Cinn. Toasters-22g
Honey Graham Sq-24g
Cinn. Toast Crunch-22g
Froot Loops-34g

