

October- Hawthorn S.D. 73 Breakfast Menu

**FREE
BREAKFAST**
for all Enrolled
Students

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.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
Milk Plain 1%-13g Pain Skim-13g Fruit & Juice Carb Counts on Separate Document				Blueberry Muffin-26g Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk
4	5	6	7	8
Strawberry Oatmeal Bar-46g Fruit of the Day 100% Juice Choice of Milk	Cinnamon Mini Bagel-42g Fruit of the Day 100% Juice Choice of Milk	Cinnamon Bites-21g Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin-26g Graham Bear-21g Fruit of the Day 100% Juice Choice of Milk	Non Attendance Day Teacher Institute Day
11	12	13	14	15
Strawberry Mini Bagels-41g Fruit of the Day 100% Juice Choice of Milk	Mini Chocolate Donuts-41g Fruit of the Day 100% Juice Choice of Milk	Cereal* Graham Bear-20g Fruit of the Day 100% Juice Choice of Milk	Banana Bread-45g Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart-38g Graham Bear-20g Fruit of the Day 100% Juice Choice of Milk
18	19	20	21 Early Release	22
Lemon Blueberry Bites-21g Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk	Whole Grain Bagel-34g Jelly-6g Fruit of the Day 100% Juice Choice of Milk	Cereal* Graham Bear-20g Fruit of the Day 100% Juice Choice of Milk	Benefit Bar-48g Fruit of the Day 100% Juice Choice of Milk	Apple Muffin-27g Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk
25	26	27	28	29
Apple Oatmeal Bar-48g Fruit of the Day 100% Juice Choice of Milk	Strawberry Mini Bagels-41g Fruit of the Day 100% Juice Choice of Milk	Lemon Blueberry Bites-21g Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk	Banana Muffin-27g Graham Bear-20g Fruit of the Day 100% Juice Choice of Milk	Cereal* Cheese Stick-0g Fruit of the Day 100% Juice Choice of Milk

