



# October Sycamore Breakfast Menu



**FREE MEALS**  
To 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!

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
4	5	6	7	8
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Cinnamon Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Berry Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk
11	12	13	14	15
Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Mini Donuts Fruit of the Day 100% Juice Choice of Milk	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Super Donut Fruit of the Day 100% Juice Choice of Milk
18	19	20	21	22
Mini French Toast Fruit of the Day 100% Juice Choice of Milk	Banana Muffin Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
25	26	27	28	29
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	No School

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

