



# January 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
3 Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	4 Donuts Fruit of the Day 100% Juice Choice of Milk	5 Honey Bun Fruit of the Day 100% Juice Choice of Milk	6 Banana Bread Fruit of the Day 100% Juice Choice of Milk	7 Mini Cinni Fruit of the Day 100% Juice Choice of Milk
10 Mini French Toast Fruit of the Day 100% Juice Choice of Milk	11 Banana Muffin Fruit of the Day 100% Juice Choice of Milk	12 Apple Oat Bar Fruit of the Day 100% Juice Choice of Milk	13 Apple Frudel Fruit of the Day 100% Juice Choice of Milk	14 Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
17 No School MLK Day	18 Mini Bagels Fruit of the Day 100% Juice Choice of Milk	19 Berry Break Fruit of the Day 100% Juice Choice of Milk	20 Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	21 Strawberry Oat Bar Fruit of the Day 100% Juice Choice of Milk
24 Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	25 Donuts Fruit of the Day 100% Juice Choice of Milk	26 Honey Bun Fruit of the Day 100% Juice Choice of Milk	27 Banana Bread Fruit of the Day 100% Juice Choice of Milk	28 Mini Cinni Fruit of the Day 100% Juice Choice of Milk
31 Mini French Toast Fruit of the Day 100% Juice Choice of Milk				

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

