

**Breakfast \$ 1.35**  
**Milk Only .50¢**

### 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!

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
5	6	7	8	9
No School	Choc Chip Breakfast Round Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Benefit Bar Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
12	13	14	15	16
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Lemon Blueberry Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Banana Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk
19	20	21	22	23
Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Mini Powdered Donuts Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Strawberry Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
26	27	28	29	30
No School	Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk

