

**Breakfast \$ 1.50**

**Milk .55¢**



# September Sycamore Breakfast Menu



**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
Assorted Cereal & Pop Tarts Served Daily			Banana Bread Fruit of the Day 100% Juice Choice of Milk	Pancakes Fruit of the Day 100% Juice Choice of Milk
5	6	7	8	9
No School	Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Strawberry Oat Bar Fruit of the Day 100% Juice Choice of Milk	Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	Apple Muffin 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	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	Cereal Bar 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	Super Donuts Fruit of the Day 100% Juice Choice of Milk	Egg & Cheese Biscuit Fruit of the Day 100% Juice Choice of Milk	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Breakfast Corn Dog Fruit of the Day 100% Juice Choice of Milk
26	27	28	29	30
Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	French Toast Sticks Fruit of the Day 100% Juice Choice of Milk	Mini Bagel Fruit of the Day 100% Juice Choice of Milk	Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Fruit of the Day 100% Juice Choice of Milk

