

# October - Hawthorn S.D. 73 Breakfast Menu



**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
3	4	5	6	7
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	No School	Berry Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk
10	11	12	13	14
Strawberry Mini Bagels 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	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
17	18	19	20	21
Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	Chocolate 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	No School
24	25	26	27	28
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
31				
Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk				

