

Breakfast \$ 1.50

Milk .55¢



November 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	3	4
	Whole Grain Donut Fruit of the Day 100% Juice Choice of Milk	Blueberry Bread Fruit of the Day 100% Juice Choice of Milk	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Fruit of the Day 100% Juice Choice of Milk
7	8	9	10	11
Mini French Toast Fruit of the Day 100% Juice Choice of Milk	No School	Mini Cinnamon Rolls 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
14	15	16	17	18
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Egg & Cheese Biscuit Fruit of the Day 100% Juice Choice of Milk	Breakfast Pizza Fruit of the Day 100% Juice Choice of Milk
21	22	23	24	25
No School	No School	No School	No School	No School
28	29	30		
Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Breakfast Pancake Wrap Fruit of the Day 100% Juice Choice of Milk		

