

Breakfast \$ 1.50

Milk .55¢



January Sycamore Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 No School	4 No School	5 Banana Bread Fruit of the Day 100% Juice Choice of Milk	6 Blueberry Muffin Fruit of the Day 100% Juice Choice of Milk
9 Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	10 Super Donut Fruit of the Day 100% Juice Choice of Milk	11 Apple Frudel Fruit of the Day 100% Juice Choice of Milk	12 Egg & Cheese Biscuit Fruit of the Day 100% Juice Choice of Milk	13 Apple Muffin Fruit of the Day 100% Juice Choice of Milk
16 No School	17 Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	18 Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	19 Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	20 Cereal Bar Fruit of the Day 100% Juice Choice of Milk
23 Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	24 Whole Grain Donut Fruit of the Day 100% Juice Choice of Milk	25 Egg & Cheese Biscuit Fruit of the Day 100% Juice Choice of Milk	26 Honey Bun Fruit of the Day 100% Juice Choice of Milk	27 Blueberry Bash Waffles Fruit of the Day 100% Juice Choice of Milk
30 Mini French Toast Fruit of the Day 100% Juice Choice of Milk	31 Strawberry Oat Bar Fruit of the Day 100% Juice Choice of Milk			

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.

