

February Hawthorn S.D. 73 Breakfast Menu



Breakfast \$ 1.35
Milk Only \$ 0.50

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 | 3 |
| | | 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 |
| 6 | 7 | 8 | 9 | 10 |
| Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk | Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk | Crunch Mania Fruit of the Day 100% Juice Choice of Milk | Berry Bread Fruit of the Day 100% Juice Choice of Milk | Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk |
| 13 | 14 | 15 | 16 | 17 |
| 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 | NO SCHOOL |
| 20 | 21 | 22 | 23 | 24 |
| NO SCHOOL | 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 | Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk |
| 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 | | | |

