


Breakfast \$ 1.50
Milk \$0.55



November Sycamore Breakfast Menu

Offered Daily
Assorted Cereal
Pop Tarts
Graham Bears

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Egg & Cheese Biscuit Fruit of the Day 100% Juice Choice of Milk	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Fruit of the Day 100% Juice Choice of Milk
6	7	8	9	10
Mini French Toast Fruit of the Day 100% Juice Choice of Milk	Maple Belgian Waffles Fruit of the Day 100% Juice Choice of Milk	Cinnamon Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Pancakes /w Syrup Fruit of the Day 100% Juice Choice of Milk
13	14	15	16	17
Strawberry Oat Bar Fruit of the Day 100% Juice Choice of Milk	Whole Grain Donut Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Maple Madness Waffles Fruit of the Day 100% Juice Choice of Milk	Apple Cinnamon Muffin Fruit of the Day 100% Juice Choice of Milk
20	21	22	23	24
No School	No School	No School	Happy Thanksgiving! 	No School
27	28	29	30	
Blueberry Bread Fruit of the Day 100% Juice Choice of Milk	Whole Grain Donut Fruit of the Day 100% Juice Choice of Milk	Chocolate Chip Oat Bar Fruit of the Day 100% Juice Choice of Milk	Mini Cinnamon Rolls 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.

