

November 2023 East Maine Breakfast Menu



Breakfast \$ 1.65

Milk 0.60¢

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!

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Strawberry Banana Yogurt Graham Bear Fruit of the Day 100% Juice Choice of Milk	Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk
6	7	8	9	10
Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Mini Chocolate Donut Fruit of the Day 100% Juice Choice of Milk	Cinnamon Bun Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
13	14	15	16	17
Apple Strudel Fruit of the Day 100% Juice Choice of Milk	Whole Grain Bagel Cream Cheese Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	No School
20	21	22	23	24
Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
27	28	29	30	
Strawberry Cream Cheese Bagel Fruit of the Day 100% Juice Choice of Milk	Mini Powdered Donut 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	

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.

