



**AUGUST
2018**

Des Plaines District 62



Arbor A+ Ingredients

- ✓ Our Entrée Choices are all Whole Grain Rich!
- ✓ Local fruit is served whenever possible!
- ✓ Our Milk is Hormone-free and produced on sustainable farms!

Category 1 - Entrée

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|-----------------|-------------|-----------------------|-----------------|
| Variety Cereal Bowl | Cinnamon Roll | Honey Bun | Blueberry Lemon Crisp | Oatmeal Bar |
| or | or | or | or | or |
| Strawberry Pop Tart | Breakfast Donut | Oatmeal Bar | Strawberry Pop Tart | Breakfast Donut |

Breakfast \$1.30

"Meal Deal"

We offer a complete Breakfast!
Entrée
Fruit Serving 1
Fruit Serving 2
Milk

You can have all four items but must choose 3 at a minimum and one of those 3 must be fruit!



Category 2 - Fruit or Juice

A 1/2 cup serving of 100% Fruit Juice or Fresh, Canned or Frozen Fruit

You may have 2 servings of fruit, but you must have at least 1 serving.

Category 3 - Fruit or Juice

A 1/2 cup serving of 100% Fruit Juice or Fresh, Canned or Frozen Fruit

You may have 2 servings of fruit, but you must have at least 1 serving.

Category 4 - Choice of Milk

1% White or Skim Chocolate



Arbor Management, Inc. is pleased to be the food service provider to Des Plaines School District 62.

We welcome your comments and suggestions - Chris Roberts, Food Service Director @ 847-789-5630

