



arbor
Management, Inc.

**September 2019
Des Plaines District 62
North, Plainfield
& Orchard Place**



Breakfast

"Meal Deal"

We offer a complete Breakfast!
Entrée
Fruit Serving 1
Fruit Serving 2
Fat Free White Milk
Fat Free Chocolate

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



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
Strawberry Pop Tart	Chocolate Carmel Chex Mix	Oatmeal Bar	Chocolate Graham Bears & Cinnamon Goldfish	Blueberry Lemon Crisp

All Breakfasts come with an entrée, a fruit, a fruit juice and milk.
All breakfasts are free to students and served in the classroom.



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

Fat Free White or Fat Free Chocolate



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

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

