



2019-2020
SEPTEMBER

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 - Entree

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
- 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!



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 Des Plaines School District 62.

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

