

March 2021 Des Plaines Breakfast Menu

March 8-12
SCHOOL BREAKFAST WEEK

FREE
Meals
To All Children

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 No School Pandemic Planning Day	2 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	3 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	4 Coco Puff Cereal Bar Dried Fruit 1% or Skim Milk	5 Vanilla Sports Bite Cookies Dried Fruit 1% or Skim Milk
8 Pretzel Goldfish Dried Fruit 1% or Skim Milk	9 Chocolate Graham Bears Dried Fruit 1% or Skim Milk	10 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	11 Cinnamon Toast Cereal Bar Dried Fruit 1% or Skim Milk	12 Blueberry Lemon Crisps Dried Fruit 1% or Skim Milk
15 Cheddar Goldfish Dried Fruit 1% or Skim Milk	16 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	17 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	18 Coco Puff Cereal Bar Dried Fruit 1% or Skim Milk	19 Vanilla Sports Bite Cookies Dried Fruit 1% or Skim Milk
22	<h1>Spring Break</h1>			26
29 Cheddar Goldfish Dried Fruit 1% or Skim Milk	30 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	31 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk		



Menu changes are occasionally necessary.
Notice will be given when possible.
This institution is an equal opportunity employer.