

# Des Plaines Breakfast Menu

## MAY 2021



**FREE MEALS**  
To All Children  
18 and Under

**NOW HIRING....**  
Delivery Driver  
Starting at \$15.00 per  
hour  
Call Chris  
at 847-789-5630

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
3 Cheddar Goldfish Dried Fruit 1% or Skim Milk	4 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	5 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	6 1/2 Day No Lunch Service	7 Blueberry Lemon Crisps Dried Fruit 1% or Skim Milk
10 Cheddar Goldfish Dried Fruit 1% or Skim Milk	11 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	12 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	13 Cinnamon Toast Cereal Bar Dried Fruit 1% or Skim Milk	14 Blueberry Lemon Crisps Dried Fruit 1% or Skim Milk
17 Cheddar Goldfish Dried Fruit 1% or Skim Milk	18 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	19 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	20 Cinnamon Toast Cereal Bar Dried Fruit 1% or Skim Milk	21 Blueberry Lemon Crisps Dried Fruit 1% or Skim Milk
24 Cheddar Goldfish Dried Fruit 1% or Skim Milk	25 Vanilla Graham Bears Dried Fruit 1% or Skim Milk	26 Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	27 Cinnamon Toast Cereal Bar Dried Fruit 1% or Skim Milk	28 Blueberry Lemon Crisps Dried Fruit 1% or Skim Milk
31 Memorial Day No School				



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

