

October 2020

Des Plaines Breakfast Menu



**Free
Breakfast**

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!

Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Blueberry Lemon Crisp Cookies 100% Apple Juice 1% or Skim Milk	Strawberry Pop Tart Dried Fruit 1% or Skim Milk
5	6	7	8	9
Chocolate Graham Bears Dried Fruit 1% or Skim Milk	Apple-Cinnamon Graham Bears Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	Coco Puff Cereal Bar Dried Fruit 1% or Skim Milk	Cinnamon Toast Crunch Cereal Bar Dried Fruit 1% or Skim Milk
12	13	14	15	16
Columbus Day No Classes	Cinnamon Toast Crunch Cereal Bar Dried Fruit 1% or Skim Milk	Chocolate Graham Bears Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	Vanilla Graham Bears Dried Fruit 1% or Skim Milk
19	20	21	22	23
Blueberry Lemon Crisp Cookies 100% Apple Juice 1% or Skim Milk	Cinnamon Toast Crunch Cereal Bar Dried Fruit 1% or Skim Milk	Chocolate Graham Bears Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	Vanilla Graham Bears Dried Fruit 1% or Skim Milk
26	27	28	29	30
Blueberry Lemon Crisp Cookies 100% Apple Juice 1% or Skim Milk	Cinnamon Toast Crunch Cereal Bar Dried Fruit 1% or Skim Milk	Chocolate Graham Bears Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar Dried Fruit 1% or Skim Milk	Vanilla Graham Bears Dried Fruit 1% or Skim Milk

