

September 2020

Des Plaines Breakfast Menu



Breakfast \$ 1.30

Milk \$.60

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
	9/1	9/2	9/3	9/4
	Apple-Cinnamon Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar 100% Apple Juice Dried Fruit 1% or Skim Milk	Blueberry Lemon Crisp Cookies 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk
9/7	9/8	9/9	9/10	9/11
Strawberry Pop Tart 100% Apple Juice Dried Fruit 1% or Skim Milk	Apple-Cinnamon Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar 100% Apple Juice Dried Fruit 1% or Skim Milk	Blueberry Lemon Crisp Cookies 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk
9/14	9/15	9/16	9/17	9/18
Strawberry Pop Tart 100% Apple Juice Dried Fruit 1% or Skim Milk	Apple-Cinnamon Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar 100% Apple Juice Dried Fruit 1% or Skim Milk	Blueberry Lemon Crisp Cookies 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk
9/21	9/22	9/23	9/24	9/25
Strawberry Pop Tart 100% Apple Juice Dried Fruit 1% or Skim Milk	Apple-Cinnamon Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar 100% Apple Juice Dried Fruit 1% or Skim Milk	Blueberry Lemon Crisp Cookies 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk
9/28	9/29	9/30		
Strawberry Pop Tart 100% Apple Juice Dried Fruit 1% or Skim Milk	Apple-Cinnamon Graham Bears 100% Apple Juice Dried Fruit 1% or Skim Milk	Chocolate Chip Oat Bar 100% Apple Juice Dried Fruit 1% or Skim Milk		

