



May Streator High School Breakfast



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

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	4	5	6	7
Mini Waffles Fruit Selection 1% or Skim Milk	Berry Bread Fruit Selection 1% or Skim Milk	Fruit Yogurt Graham Bears Fruit Selection 1% or Skim Milk	Cream Cheese Bagel Fruit Selection 1% or Skim Milk	Banana Muffin-2 oz Fruit Selection 1% or Skim Milk
10	11	12	13	14
Apple Frudel Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	Hard Boiled Egg Graham Bears Fruit Selection 1% or Skim Milk	Whole Grain Mini Powdered Donuts Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
17	18	19	20	21 Last Day
Mini Pancakes Fruit Selection 1% or Skim Milk	Banana Bar Fruit Selection 1% or Skim Milk	Fruit Yogurt Graham Bears Fruit Selection 1% or Skim Milk	Banana Bread Fruit Selection 1% or Skim Milk	Blueberry Muffin Fruit Selection 1% or Skim Milk
24	25	26	27	28
31				

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

