

April- Millburn Breakfast Menu



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 | Saturday | Sunday |
|--|--|---|--|--|--------------------------------------|--|
| | | | 1 | 2 | 3 | 4 |
| | | | Whole Grain Mini Powdered Donuts Fruit Selection 1% or Skim Milk | Cereal Bowl Fruit Selection 1% or Skim Milk | Cinni Mini Juice 1% or Skim Milk | Cereal Bowl Juice 1% or Skim Milk |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 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 | Blueberry Muffin Fruit Selection 1% or Skim Milk | Cereal Bowl Juice 1% or Skim Milk | Mini Chocolate Donuts Juice 1% or Skim Milk |
| 12 | 13 | 14 | 15 | 16 | 14 | 18 |
| 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 | Cereal Bar Juice 1% or Skim milk | Mini Pancakes Juice 1% or Skim Milk |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 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 | Cereal Bowl Juice 1% or Skim Milk | Mini Powdered Sugar Donuts Juice 1% or Skim Milk |
| 26 | 27 | 28 | 29 | 30 | | |
| Strawberry Pop-Tart Fruit Selection 1% or Skim Milk | Cinni Mini Fruit Selection 1% or Skim Milk | Hard Boiled Egg Graham Bears Fruit Selection 1% or Skim Milk | Apple Oatmeal Bar Fruit Selection 1% or Skim Milk | Cereal Bowl Fruit Selection 1% or Skim Milk | | |

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

This institution is an equal opportunity employer.

