

July- 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!

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			Cinnamon Toasters Cereal Bowl 100% Juice 1% or Skim Milk	Mini Pancakes 100% Juice 1% or Skim Milk	Lucky Charms Breakfast Pack 1% or Skim Milk	Fruit Loops Breakfast Pack 1% or Skim Milk
5	6	7	8	9	10	11
Honey Grahams Cereal Bowl 100% Juice 1% or Skim Milk	Vanilla Belgian Waffle 100% Juice 1% or Skim Milk	Fruit Yogurt Graham Bear 100% Juice 1% or Skim Milk	Super Donut 100% Juice 1% or Skim Milk	Berry Bread 100% Juice 1% or Skim Milk	Apple Cinnamon Cheerios Breakfast Pack 1% or Skim Milk	Cocoa Puffs Breakfast Pack 1% or Skim Milk
12	13	14	15	16	17	18
Strawberry Nutri-Grain Bar 100% Juice 1% or Skim Milk	Honey Bun 100% Juice 1% or Skim Milk	Apple Oatmeal Bar 100% Juice 1% or Skim Milk	Cinnamon Toasters Cereal Bowl 100% Juice 1% or Skim Milk	Mini Pancakes 100% Juice 1% or Skim Milk	Lucky Charms Breakfast Pack 1% or Skim Milk	Fruit Loops Breakfast Pack 1% or Skim Milk
19	20	21	22	23	24	25
Honey Grahams Cereal Bowl 100% Juice 1% or Skim Milk	Vanilla Belgian Waffle 100% Juice 1% or Skim Milk	Fruit Yogurt Graham Bear 100% Juice 1% or Skim Milk	Super Donut 100% Juice 1% or Skim Milk	Berry Bread 100% Juice 1% or Skim Milk	Apple Cinnamon Cheerios Breakfast Pack 1% or Skim Milk	Cocoa Puffs Breakfast Pack 1% or Skim Milk
26	27	28	29	30	31	
Strawberry Nutri-Grain Bar 100% Juice 1% or Skim Milk	Honey Bun 100% Juice 1% or Skim Milk	Apple Oatmeal Bar 100% Juice 1% or Skim Milk	Cinnamon Toasters Cereal Bowl 100% Juice 1% or Skim Milk	Mini Pancakes 100% Juice 1% or Skim Milk	Lucky Charms Breakfast Pack 1% or Skim Milk	

