

November

Millburn Breakfast Menu Classroom or Curbside



**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.
This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	3 No School	4 Cereal Bowl Fruit Selection 1% or Skim Milk	5 Tropical Banana Mini Loaf Fruit Selection 1% or Skim Milk	6 Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
9 Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	10 Cereal Bar Fruit Selection 1% or Skim Milk	11 Plain Bagel Fruit Selection 1% or Skim Milk	12 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	13 Cereal Bowl Fruit Selection 1% or Skim Milk
16 Cereal Bar Fruit Selection 1% or Skim Milk	17 Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	18 Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	19 Banana Bar Fruit Selection 1% or Skim Milk	20 Cereal Bowl Fruit Selection 1% or Skim Milk
23 No School	24 No School	25 No School	26 THANKSGIVING No School	27 No School
30 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk				

