

# February

# 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.

This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
Banana Bread 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	Cinna Bun Cinnamania Juice 1% or Skim Milk	Cereal Bowl Juice 1% or Skim Milk
8	9	10	11	12	13	14
Mini Pancakes Fruit Selection 1% or Skim Milk	Cereal 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 Chocolate Donuts Juice 1% or Skim Milk
15 No School	16 No School	17	18	19	20	21
Strawberry Pop-Tart Fruit Selection 1% or Skim Milk	Cinnamon Swirl Roll 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	Cereal Bar Juice 1% or Skim milk	Mini Pancakes Juice 1% or Skim Milk
22	23	24	25	26	27	28
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 Powdered Sugar Donuts Juice 1% or Skim Milk

