

Breakfast \$ 1.99

Milk .60¢

October Mundelein Elementary Breakfast Menu

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!

Our menu is tree-nut/peanut free

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding!
This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	3 Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	4 Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	5 Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	6 Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk
9 Columbus Day No School	10 Mini Chocolate Donuts Fruit of the Day 100% Juice Choice of Milk	11 Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	12 Banana Bread Fruit of the Day 100% Juice Choice of Milk	13 Chocolate Chip Breakfast Round Fruit of the Day 100% Juice Choice of Milk
16 Apple Strudel Fruit of the Day 100% Juice Choice of Milk	17 Whole Grain Bagel Cream Cheese Fruit of the Day 100% Juice Choice of Milk	18 Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk	19 Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	20 Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
23 Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	24 Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	25 Banana Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk	26 Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	27 Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk
30 Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	31 Mini Powdered Donuts Fruit of the Day 100% Juice Choice of Milk			

