

February

Oak Lawn 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
1 Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	2 Cereal Bar Fruit Selection 1% or Skim Milk	3 Cereal Bowl Fruit Selection 1% or Skim Milk	4 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	5 Cereal Bowl Fruit Selection 1% or Skim Milk
8 Cereal Bar Fruit Selection 1% or Skim Milk	9 Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	10 Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	11 Banana Bar Fruit Selection 1% or Skim Milk	12 Cereal Bowl Fruit Selection 1% or Skim Milk
15 No School	16 Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	17 Plain Bagel Fruit Selection 1% or Skim Milk	18 Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	19 No School
22 Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	23 Cereal Bar Fruit Selection 1% or Skim Milk	24 Cereal Bowl Fruit Selection 1% or Skim Milk	25 Oatmeal Bar Fruit Selection 1% or Skim Milk	26 Lemon Blueberry Bites Fruit Selection 1% or Skim Milk

