



# April 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!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 No School
			Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
5 No School	6 No School	7	8	9
Cereal Bar Fruit Selection 1% or Skim Milk	Chex Mix Strawberry Yogurt Fruit Selection 1% or Skim Milk	Cinnamon Pop-Tart Fruit Selection 1% or Skim Milk	Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
12	13	14	15	16
Cereal Bar Fruit Selection 1% or Skim Milk	Strawberry Oatmeal Bar Fruit Selection 1% or Skim Milk	Chex Mix Fruit Selection 1% or Skim Milk	Cinnamon Crispy Bites Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk
19	20	21	22	23
Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk	Oatmeal Bar Fruit Selection 1% or Skim Milk	Lemon Blueberry Bites Fruit Selection 1% or Skim Milk
26	27	28	29	30
Strawberry Pop-Tart Graham Bear Fruit Selection 1% or Skim Milk	Cereal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk	Apple Oatmeal Bar Fruit Selection 1% or Skim Milk	Cereal Bowl Fruit Selection 1% or Skim Milk

Menu changes are occasionally necessary.  
Notice will be given when possible.  
This institution is an equal opportunity employer.

