

November Burbank Breakfast Menu

**FREE
MEALS**
To All Enrolled
Students

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 Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	2 Mini Powdered Donuts Fruit of the Day 100% Juice Choice of Milk	3 Banana Bread Fruit of the Day 100% Juice Choice of Milk	4 Cereal Graham Bear Fruit of the Day 100% Juice Choice of Milk	5 Strawberry Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
8 Strawberry Chex Mix Cheese Stick Fruit of the Day 100% Juice Choice of Milk	9 Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	10 Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	11 No School Veterans' Day	12 Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
15 Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	16 Cinnamon Mini Bagels Fruit of the Day 100% Juice Choice of Milk	17 Cinnamon Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	18 Blueberry Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	19 Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk
22 Half Day Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	23 No School	24 No School	25 No School	26 No School
29 Strawberry Chex Mix String Cheese Fruit of the Day 100% Juice Choice of Milk	30 Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk			

**Menu items are
Pork Free and
Peanut/Tree Nut
Free**

Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

