

October 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!

Menu items are Pork Free and Peanut/Tree Nut Free

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
4	5	6	7	8
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Cinnamon Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Cinnamon Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk
11	12	13	14	15
No School	Mini Chocolate Donuts Fruit of the Day 100% Juice Choice of Milk	Cereal Graham Bear Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
18	19	20	21	22
Strawberry Chex Mix String Cheese Fruit of the Day 100% Juice Choice of Milk	Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	Cereal Graham Bear Fruit of the Day 100% Juice Choice of Milk	Benefit Bar Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
25	26	27	28	29
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Lemon Blueberry Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Banana Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk

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

This institution is an equal opportunity employer.

