



# Grayslake CCSD 46 August 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
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
			Apple Frudel Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
23	24	25	26	27
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Cinnamon Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Berry Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk
30	31			
Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Mini Chocolate Donuts Fruit of the Day 100% Juice Choice of Milk			

**White 1% or Skim Milk included w/Meal**

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

