



Grayslake CCSD 46 September Breakfast Menu

FREE MEALS
To All Enrolled Students

Arbor A+ Nutrition Mission

To serve students daily:

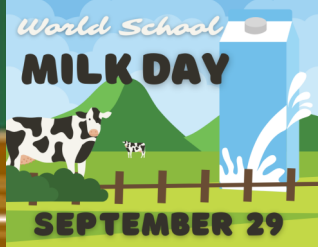
- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, 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	2	3
		Egg & Cheese Muffin Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Vanilla Bear Graham Fruit of the Day 100% Juice
6	7	8	9	10
Labor Day No School	Whole Grain Bagel Cream Cheese Fruit of the Day 100% Juice	Cereal Cheese Stick Fruit of the Day 100% Juice	Cherry Frudel Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Cheese Stick Fruit of the Day 100% Juice
13	14	15	16	17
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk	Yogurt & Granola Fruit of the Day 100% Juice Choice of Milk	Mini Maple Pancakes Fruit of the Day 100% Juice Choice of Milk	Cereal Cheese Stick Fruit of the Day 100% Juice Choice of Milk
20	21	22	23	24
Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Mini Powdered Donuts Fruit of the Day 100% Juice Choice of Milk	Egg & Cheese Muffin Fruit of the Day 100% Juice Choice of Milk	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Strawberry Pop-Tart String Cheese Fruit of the Day 100% Juice Choice of Milk
27	28	29 World School Milk Day	30	
Mini French Toast Fruit of the Day 100% Juice Choice of Milk	Whole Grain Bagel Cream Cheese Fruit of the Day 100% Juice Choice of Milk	Mini Cinnamon Rolls Fruit of the Day 100% Juice Choice of Milk	Apple Frudel 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.

