

# May 2018

## Elementary School District 159

### Breakfast Menu



What is the **MOST** important meal of the day? It's **BREAKFAST**, make sure that you eat a good morning meal before school everyday!

**Breakfast \$1.30**  
(Milk included with meal)  
**Milk 50¢**  
Offered Daily:  
Fat Free Flavored  
1% White

The Best way to start off each day is a well **Balanced Breakfast!!!!**  
**Whole Grain Cereals**

#### Questions

Call Mary Kyler  
Food Service Manager  
708-283-9733

Menu changes may be necessary. Notice will be given when possible.  
A comprehensive **Nutrition & Allergy Guide** is available in the Food Service Office.



For more information or to "Ask the Dietitian", check out our website!

	Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Hot Breakfast</b>	2	3 <b>Hot Breakfast</b>	4
		Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice	Super Donut 29G Orange Halves 100% Fruit Juice	French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	Banana Muffin 49G Fresh Pears 100% Fruit Juice
	7	8 <b>Hot Breakfast</b>	9	10	11
	Blueberry Muffin 47G Fresh Fruit 100% Fruit Juice	Mini Cinnis 40G Or Super Donut 29G Fresh Fruit 100% Fruit Juice	Yogurt 19G & String Cheese 1G Fresh Fruit 100% Fruit Juice	French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	Apple Oat Bar 48G Orange Halves 100% Fruit Juice
	14	15 <b>Hot Breakfast</b>	16	17 <b>Hot Breakfast</b>	18
	Banana Muffin 49G Fresh Pears 100% Fruit Juice	Maple Waffle 38G Or Mini Blueberry Muffin 25G Applesauce 100% Fruit Juice	Apple Oat Bar 48G Fresh Pears 100% Fruit Juice	Mini Cinnis 40G Or Super Donut 29G Pineapple 100% Fruit Juice	Yogurt 19G & String Cheese 1G Fresh Fruit 100% Fruit Juice
	21	22 <b>Hot Breakfast</b>	23	24 <b>Hot Breakfast</b>	25
	Chocolate Chip Muffin 45G Applesauce 100% Fruit Juice	Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice	Super Donut 29G Orange Halves 100% Fruit Juice	French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	Blueberry Muffin 47G Fresh Fruit 100% Fruit Juice
	28	29 <b>Hot Breakfast</b>	30	31 <b>Hot Breakfast</b>	
	MEMORIAL DAY	Mini Cinnis 40G Or Super Donut 29G Pineapple 100% Fruit Juice	Apple Oat Bar 48G Orange Halves 100% Fruit Juice	Maple Waffle 38G Or Mini Blueberry Muffin 25G Applesauce 100% Fruit Juice	

Neither Elementary School District 159, nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus. Thank you.

(\*) Contains Pork