

# February

# 2018

## Elementary School District 159

## Breakfast Menu

arbor Management Inc.



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>  Strawberry Pancakes 40G Or Zucchini Bread 43G Fresh Apple 100% Fruit Juice	2  Apple Oat Bar 48G Raisins 100% Fruit Juice
	5  Chocolate Chip Oat Bar 47G Fresh Apple 100% Fruit Juice	6 <b>Hot Breakfast</b>  Mini Cinnis 40G Or Super Donut 29G Fresh Fruit 100% Fruit Juice	7  Trix Cereal 24G Vanilla Grahams Orange Halves 100% Fruit Juice	8 <b>Hot Breakfast</b>  French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	9  Super Donut 29G Orange Halves 100% Fruit Juice
	12  Trix Cereal 24G Vanilla Grahams Orange Halves 100% Fruit Juice	13 <b>Hot Breakfast</b>  Maple Waffle 38G Or Mini Blueberry Muffin 25G Applesauce 100% Fruit Juice	14  Super Donut 29G Fresh Pears 100% Fruit Juice	15 <b>Hot Breakfast</b>  French Toast Sticks 42G Syrup Or Pop Tart 38G Mixed Fruit 100% Fruit Juice	16  Trix Cereal 24G Vanilla Graham Bears Fresh Fruit 100% Fruit Juice
	19  NO SCHOOL PRESIDENT'S DAY	20 <b>Hot Breakfast</b>  Blueberry Pancakes 42G Or Honey Bun 34G Orange Halves 100% Fruit Juice	21  Super Donut 29G Orange Halves 100% Fruit Juice	22 <b>Hot Breakfast</b>  French Toast Sticks 42G w/Syrup Or Zucchini Bread 43G Applesauce 100% Fruit Juice	23  Trix Cereal 24G Vanilla Grahams Orange Halves 100% Fruit Juice
	26  Super Donut 29G Orange Halves 100% Fruit Juice	27 <b>Hot Breakfast</b>  Mini Cinnis 40G Or Super Donut 29G Pineapple 100% Fruit Juice	28  Trix Cereal 24G Vanilla Graham Bears Fresh Pears 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