



2017-2018

Sycamore CUSD #427
BREAKFAST MENU



Arbor A+ Ingredients

- ✓ Our Entrée Choices are all Whole Grain Rich!
- ✓ Local fruit is served whenever possible!
- ✓ Our Milk is Hormone-free & produced on sustainable farms!

Category 1 - Entree

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Muffin	Assorted Cereal Bar	Mini French Toast	Cinnamon Roll	Pancake on a Stick
or	or	or	or	or
Breakfast Donut	Iced Cinnamon Square	Pop Tart	Apple Frudel	Breakfast Donut
or	or	or	or	or
Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice

Breakfast \$1.50

"Meal Deal"

We offer a complete Breakfast!
Entrée **Category 1**
Fruit **Category 2**
Fruit **Category 3**
Milk **Category 4**

You can have all four items but must choose 3 at a minimum and one of those 3 must be fruit!

Category 1 - Alternate

Whole Grain Rich Cereal in a variety of flavors served with Vanilla Graham Bears.

Category 2 - Fruit or Juice

A 1/2 cup serving of 100% Fruit Juice or Fresh, Canned or Frozen Fruit.

You may have 2 servings of fruit, but you must have at least 1 serving.



Category 3 - Fruit or Juice

A 1/2 cup serving of 100% Fruit Juice or Fresh, Canned or Frozen Fruit.

You may have 2 servings of fruit, but you must have at least 1 serving.

Category 4 - Choice of Milk

Fat Free Flavored, Fat Free White & 1% White



Arbor Management, Inc. is pleased to be the food service provider to Sycamore School District #427.
We welcome your comments & suggestions - Sophie Stuebinger Food Service Director @ 815-899-8155

