



**2018-2019
BREAKFAST
Sycamore
Elementary**



Grades K-5



Arbor A+ Ingredients

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

Category 1 Entrée

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Pizza or	Waffles or	Mini French Toast or	Iced Cinnamon Roll or	Pancake on a Stick or
Breakfast Donut or	Iced Cinnamon Square or	Strawberry Pop Tart or	Apple Frudel or	Bagel w/Cream Cheese or
Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice	Cereal Choice

Breakfast \$1.50

"Meal Deal"

We offer a complete Breakfast!
Entrée
Fruit Serving 1
Fruit Serving 2
Milk

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

Category 1 - Alternate Entrée

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

1% White or Skim Chocolate



Arbor Management, Inc. is pleased to be the food service provider to School District.

We welcome your comments and suggestions. Sophie Stuebinger, Food Service Director @ (815) 899-8155

