



**2018
BREAKFAST
MIDWEST CENTRAL
SCHOOL DISTRICT**



Grades K-8



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
Mini Cinni Rolls or	Sausage Biscuit or	Fruity Yogurt & Graham Bears or	Blueberry Muffin Top w/ Yogurt or	Fun Fruity Flavored Pancakes or
Whole Grain Bagel & Cream Cheese or	Banana Muffin w/ Yogurt or	Mini Maple Madness Waffles or	Breakfast Pizza or	Powdered Breakfast Donut or
Chocolate Breakfast Donut	Fruity Frudel	Pancake Sausage Wrap	Fresh Fruit Smoothie w/ Granola	Whole Grain Bagel & Cream Cheese

**Breakfast \$0.00
"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, Cereal Bars, or Poptarts in a variety of flavors served with Crunchy Toast.



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 Midwest Central.

We welcome your comments and suggestions. Mary Hill, Food Service Director @ 209-968-6464 X 109.

