

# October Holmes Elementary Breakfast Menu

Breakfast \$ 1.60

Milk .60¢

## We are Hiring!

We Need Cooks, Managers,  
Food Servers and Drivers!

You will love the work  
schedule!  
No nights or weekends!  
Holidays off!

Apply Online at:  
[www.arbormgt.com/careers](http://www.arbormgt.com/careers)

Scan Me To Apply!



### Arbor A+ Nutrition Mission

To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*~Arbor Management~*

**Make Choices for a Healthy Lifestyle!**



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

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Crunch Mania Fruit of the Day 100% Juice Choice of Milk	Berry Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk
10	11	12	13	14
No School	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
17	18	19	20	21
Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	Chocolate Chip Breakfast Round Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Benefit Bar Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
24	25	26	27	28
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Lemon Blueberry Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Banana Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk
31				
Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk				

Please note: Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.



# October Maercker Breakfast Menu

Breakfast \$ 1.60

Milk .60¢

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3 Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	4 Blueberry Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	5 Crunch Mania Fruit of the Day 100% Juice Choice of Milk	6 Berry Bread Fruit of the Day 100% Juice Choice of Milk	7 Cereal Bowl Cheese Stick Fruit of the Day 100% Juice Choice of Milk
10 No School	11 Honey Bun Fruit of the Day 100% Juice Choice of Milk	12 Banana Bread Fruit of the Day 100% Juice Choice of Milk	13 Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk	14 Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
17 Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	18 Chocolate Chip Breakfast Round Fruit of the Day 100% Juice Choice of Milk	19 Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	20 Benefit Bar Fruit of the Day 100% Juice Choice of Milk	21 Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
24 Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	25 Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	26 Lemon Blueberry Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	27 Banana Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	28 Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk
31 Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk				

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# October Westview Hills Middle School Breakfast Menu

**Breakfast \$ 1.60**

**Milk .60¢**

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10	11	12	13	14
No School	Honey Bun Fruit of the Day 100% Juice Choice of Milk	Banana Bread Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Cinnamon Pop-Tart Graham Bear Fruit of the Day 100% Juice Choice of Milk
17	18	19	20	21
Whole Grain Bagel Jelly Fruit of the Day 100% Juice Choice of Milk	Chocolate Chip Breakfast Round Fruit of the Day 100% Juice Choice of Milk	Cereal Bowl Graham Bear Fruit of the Day 100% Juice Choice of Milk	Benefit Bar Fruit of the Day 100% Juice Choice of Milk	Apple Muffin Cheese Stick Fruit of the Day 100% Juice Choice of Milk
24	25	26	27	28
Apple Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Maple Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Lemon Blueberry Bites Cheese Stick Fruit of the Day 100% Juice Choice of Milk	Banana Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Cheese Stick Fruit of the Day 100% Juice Choice of Milk
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Strawberry Mini Bagels Fruit of the Day 100% Juice Choice of Milk				



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