



Ridgeland School District #122 Breakfast Menu

**FREE
MEALS**
To All Enrolled
Students

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!

Included with Every Meal
Fruit and/or Vegetable
1% or Fat-Free Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
				Chocolate Chip Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk
23	24	25	26	27
Strawberry Oatmeal Bar Fruit of the Day 100% Juice Choice of Milk	Cereal Bar Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cinnamon Bites Graham Bear Fruit of the Day 100% Juice Choice of Milk	Blueberry Muffin Graham Bear Fruit of the Day 100% Juice Choice of Milk	Cereal Graham Bear Fruit of the Day 100% Juice Choice of Milk
30	31			
Vanilla Belgian Waffle Fruit of the Day 100% Juice Choice of Milk	Mini Chocolate Donuts Fruit of the Day 100% Juice Choice of Milk			

Menu changes are occasionally necessary. Notice will be given when possible.

This institution is an equal opportunity employer.

