

May

2018

MIDWEST CENTRAL High School Breakfast Menu

arbor Management Inc.



Join us for a
Healthy
Breakfast

Selection Available Daily
Fruit Yogurt w/Toast
Assorted Breakfast Bars
Pop Tarts
Mini Donuts
Fruit Smoothie/Parfaits
Apple or Cherry Frudel

Variety of Fresh Fruit
Canned Fruit
100% Fruit Juice

Need to top-up your
child's account?
Send a check payable to
Midwest Central SD 191
OR
Go online at www.teacherease.com
& log into your student's account

Questions

Call Mary Hill
Food Service Manager
309-968-6464

Menu changes may be necessary. Notice will be given when possible.
A comprehensive Nutrition & Allergy Guide
is available in the Food Service Office.

arbor online
arboronline.com



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

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		WILD BERRY BREAD	CHEESE OMELET W/TOAST	STRAWBERRY PANCAKES	BISCUITS & GRAVY
		FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	7	8	9	10	11
	MINI MAPLE WAFFLES	*SAVORY SAUSAGE BISCUIT	BREAKFAST PIZZA	BREAKFAST WRAP	WAFFLES
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	14	15	16	17	18
	BISCUITS & GRAVY	BREAKFAST CHICKEN BISCUIT	SAUSAGE BAGEL	*PANCAKE WRAP	BREAKFAST PIZZA
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	21	22	23	24	25
	*HAM & CHEESE BISCUIT	WILD BERRY BREAD	CHEESE OMELET W/TOAST	STRAWBERRY PANCAKES	BISCUITS & GRAVY
	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE	FRUIT CHOICE
	28	29	30	31	
	NO SCHOOL				

Breakfast \$1.15
(Milk included with meal)

Milk 35¢
Offered Daily:
Fat Free Flavored,
Fat Free White
1% White

(*) Contains Pork