



2019-2020

BREAKFAST

MIDWEST CENTRAL

HIGH SCHOOL



## 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
Fresh Breakfast Pizza Or Breakfast Bowl or Whole Grain Bagel & Cream Cheese	Sausage, Egg and Cheese Biscuit or Muffin w/ Yogurt or Fruity Frudel	Ham & Cheese Bagel or Loaded Breakfast Burrito or Pancake Sausage Wrap	Blueberry Muffin Top w/ Yogurt or Fresh Breakfast Pizza or Fresh Fruit Smoothie w/ Granola	Hearty Breakfast Bar Build your own bowl or Biscuits and Gravy or Whole Grain Bagel & Cream Cheese

**Breakfast \$1.15**

## "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 @ 309-968-6464 X 109.

