



**2019  
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	Biscuits & Gravy or	Fun Fruity Flavored Pancakes or
Whole Grain Bagel & Cream Cheese or	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	Ham Biscuit

**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.**

