

Hawthorn SD 73 - May Remote Breakfast Menu



**FREE
BREAKFAST**
for all Children 18
and Under

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 |
|---|---|---|---|--|
| 5 Apple Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk | 6 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk | 7 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk | 8 Banana Bread Fruit Serving 100% Juice 1% or Skim Milk | 9 Blueberry Muffin-2 oz Fruit Serving 100% Juice 1% or Skim Milk |
| 12 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk | 13 Cinni Mini Fruit Serving 100% Juice 1% or Skim Milk | 14 Cheese Stick Graham Bears Fruit Serving 100% Juice 1% or Skim Milk | 15 Apple Oatmeal Bar- 2oz Fruit Serving 100% Juice 1% or Skim Milk | 16 Cereal Bowl Graham Bears Fruit Serving 100% Juice 1% or Skim Milk |
| 19 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk | 20 Berry Bread Fruit Serving 100% Juice 1% or Skim Milk | 21 Fruit Yogurt Graham Bears Fruit Serving 100% Juice 1% or Skim Milk | 22 Cream Cheese Bagel Fruit Serving 100% Juice 1% or Skim Milk | 23 Banana Muffin-2 oz Fruit Serving 100% Juice 1% or Skim Milk |
| 26 Cereal Bar Fruit Serving 100% Juice 1% or Skim Milk | 27 Strawberry Oatmeal Bar—2 oz. Fruit Serving 100% Juice 1% or Skim Milk | 28 Cheese Sticks Graham Bears Fruit Serving 100% Juice 1% or Skim Milk | 29 Whole Grain Honey Bun Fruit Serving 100% Juice 1% or Skim Milk | 30 Cereal Bowl Graham Bears Fruit Serving 100% Juice 1% or Skim Milk |
| 26 No School Apple Oatmeal Bar Fruit Serving 100% Juice 1% or Skim Milk | 27 | 28 | 29 | 30  May 7, 2021 |

Menu changes are occasionally necessary.
Notice will be given when possible.
This institution is an equal opportunity employer.



Hawthorn Distrito Escolar 73- Menu de Desayuno-Remoto- Mayo



Desayuno gratis para todos los niños menores de 18 años

Nutriciones Estándares A+ de Arbor:
Para servir a los estudiantes a diario.


- ✓ Una variedad de alimentos ricos en nutrientes y frescos
- ✓ Frutas y Vegetales Frescos y Locales cuando es posible
- ✓ Pollo Libre de Hormonas, Esteroides, Sin ser enjaulados
- ✓ Panes, Rollos y productos horneados frescos y de multigranos
- ✓ Solo Leche Libre de Hormonas: Leche libre de grasas y de 1% de granjas sostenibles

-Arbor Management-

Toma decisiones para vivir una vida saludable



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| Lunes | Martes | Miercoles | Jueves | Viernes |
|--|--|--|--|---|
| 3 | 4 | 5 | 6 | 7 |
| Barra de Avena Sabor Manzana Porcion de Fruta 100% Jugo Leche 1% O Descremada | Barra de Cereal Porcion de Fruta 100% Jugo Leche 1% O Descremada | Yogurt de Frutas Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada | Pan de Platano Porcion de Fruta 100% Jugo Leche 1% O Descremada | Mollete de Arandanos -2 oz Porcion de Fruta 100% Jugo Leche 1% O Descremada |
| 10 | 11 | 12 | 13 | 14 |
| Barra de Cereal Porcion de Fruta 100% Jugo Leche 1% O Descremada | Rollo de Canela Porcion de Fruta 100% Jugo Leche 1% O Descremada | Palo de Queso Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada | Barra de Avena Sabor Manzana-2oz Porcion de Fruta 100% Jugo Leche 1% O Descremada | Plato de Cereal Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada |
| 17 | 18 | 19 | 20 | 21 |
| Barra de Cereal Porcion de Fruta 100% Jugo Leche 1% O Descremada | Pan de Bayas Porcion de Fruta 100% Jugo Leche 1% O Descremada | Yogurt de Frutas Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada | Bagel con Crema Queso Porcion de Fruta 100% Jugo Leche 1% O Descremada | Mollete de Platano-2 oz Porcion de Fruta 100% Jugo Leche 1% O Descremada |
| 24 | 25 | 26 | 27 | 28 |
| Barra de Cereal Porcion de Fruta 100% Jugo Leche 1% O Descremada | Barra de Avena Sabor Fresa—2 oz. Porcion de Fruta 100% Jugo Leche 1% O Descremada | Palos de Queso Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada | Pan Integral de Miel Porcion de Fruta 100% Jugo Leche 1% O Descremada | Plato de Cereal Osos Graham Porcion de Fruta 100% Jugo Leche 1% O Descremada |
| 31 No Hay Clases | | | | |
| Barra de Avena Sabor Manzana Porcion de Fruta 100% Jugo Leche 1% O Descremada | | | |  |

Menu sujeto a cambios. Se le avisara cuando sea posible.

Esta institucion es un proveedor de igualdad de oportunidades.



May

Hawthorn S.D. 73 Remote Lunch Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 3 Corn Dog Nuggets Vegetable Side Fruit Side Milk | 4 *BBQ Rib Sandwich Vegetable Side Fruit Side Milk | 5 Beef Tacos Vegetable Side Fruit Side Milk | 6 Turkey and Cheese Sandwich Vegetable Side Fruit Side Milk | 7 Pizza Vegetable Side Fruit Side Milk |
| 10 Hamburger on a Bun Vegetable Side Fruit side Milk | 11 French Toast Sticks w/Turkey Sausage Vegetable Side Fruit Side Milk | 12 Chicken Nuggets Vegetable side Fruit Side Milk | 13 Beef Nacho Supreme Vegetable Side Fruit Side Milk | 14 Pizza Dippers w/Marinara Sauce Vegetable Side Fruit Side Milk |
| 17 Hot Dog on a Bun Vegetable Side Fruit Side Milk | 18 Chicken Sandwich Vegetable Side Fruit Side Milk | 19 Beef Tacos Vegetable Side Fruit Side Milk | 20 Chicken Nuggets Vegetable side Fruit Side Milk | 21 Sunbutter & Jelly Sandwich Vegetable Side Fruit Side Milk |
| 24 Chicken Nuggets Vegetable side Fruit Side Milk | 25 Cheeseburger on a Bun Vegetable Side Fruit Side Milk | 26 Spicy Chicken Sandwich Vegetable Side Fruit Side Milk | 27 Cheesy Pull Apart Bread Vegetable Side Fruit Side Milk | 28 Italian Meatball Sub Vegetable Side Fruit Side Milk |
| 31 No School | | | | |
| Corn Dog Nuggets Vegetable Side Fruit Side Milk | | | | |

Free Meals!
to all
children 18 and
under

Remote Meal Curbside Pick Up
Monday and Wednesday
8:00-10:00 a.m.

Heat & Serve Meals

these meals are offered precooked and served cold with the purpose of them being heated PRIOR to consuming. Please make sure to **HEAT to a temperature of 165°F or higher.** All hot foods must be held at a temperature of 135°F or higher.

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- ✓ A wide variety of fresh, nutrient rich foods
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- ✓ Fresh whole and multigrain bread, buns and baked goods
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~Arbor Management~

Make Choices for a Healthy Lifestyle!



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

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Mayo

Hawthorn Distrito Escolar 73

Remoto Menu de Almuerzo-Elemental



| Lunes | Martes | Miercoles | Jueves | Viernes |
|--|--|---|--|--|
| 3 | 4 | 5 | 6 | 7 |
| Pepitas de Salchicha Porcion de Vegetales Porcion de Fruta Leche | *Sandwich de Costillas Con BBQ Porcion de Vegetales Porcion de Fruta Leche | Tacos de Carne Porcion de Vegetales Porcion de Fruta Leche | Sandwich de Pavo Con Queso Porcion de Vegetales Porcion de Fruta Leche | Pizza Porcion de Vegetales Porcion de Fruta Leche |
| 10 | 11 | 12 | 13 | 14 |
| Hamburguesa en Pan Porcion de Vegetales Porcion de Fruta Leche | Palos de Pan Frances Con Salchicha de Pavo Porcion de Vegetales Porcion de Fruta Leche | Pepitas de Pollo Porcion de Vegetales Porcion de Fruta Leche | Nacho Supremo De Carne Porcion de Vegetales Porcion de Fruta Leche | Palos de Pizza con Marinara Porcion de Vegetales Porcion de Fruta Leche |
| 17 | 18 | 19 | 20 | 21 |
| Perro Caliente en Pan Porcion de Vegetales Porcion de Fruta Leche | Sandwich de Pollo Porcion de Vegetales Porcion de Fruta Leche | Tacos de Carne Porcion de Vegetales Porcion de Fruta Leche | Pepitas de Pollo Porcion de Vegetales Porcion de Fruta Leche | Sandwich de Mantequilla de Girasol y Jalea Porcion de Vegetales Porcion de Fruta Leche |
| 24 | 25 | 26 | 27 | 28 |
| Pepitas de Pollo Porcion de Vegetales Porcion de Fruta Leche | Hamburguesa Con Queso en Pan Porcion de Vegetales Porcion de Fruta Leche | Sandwich de Pollo Picante Porcion de Vegetales Porcion de Fruta Leche | Pan con Queso Porcion de Vegetales Porcion de Fruta Leche | Sub de Albondigas Italianas Porcion de Vegetales Porcion de Fruta Leche |
| 31 No Hay Clases | | | | |
| Pepitas de Salchicha Porcion de Vegetales Porcion de Fruta Leche | | | | |

Almuerzo gratis para todos los niños menores de 18 años

Alimentos para aprendizaje remoto—Recoger en la acera
Lunes Y Miercoles
8-10 a.m.

Caliente y Sirve
Estas comidas se ofrecen precocidas y se sirven frías con el propósito de calentarlas ANTES de consumirlas.
Asegúrese de CALENTAR a una temperatura de 165 * F o más. Todos los alimentos calientes deben mantenerse a una temperatura de 135 * F o más.

- Nutriciones Estándares A+ de Arbor:**
Para servir a los estudiantes a diario.
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 - ✓ Frutas y Vegetales Frescos y Locales cuando es posible
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- Arbor Management-*

Incluido con cada Almuerzo
Fruta y Vegetal
Leche 1% O Leche sin Grasa

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Toma decisiones para vivir una vida saludable!

arbor online
arborgmt.com

Para mas informacion o para "pregunta a la Dietista", checa nuestra pagina web.