

# Golden Arrow

Breakfast & Lunch Menu

April 8<sup>th</sup> - 19<sup>th</sup>

Elementary-High School



## Eggplant

**HEART HEALTH.** Eggplants contain fiber, potassium, vitamin C and B6.

**LOWER BLOOD PRESSURE.** Eggplants contain a red-blue flavonoid plant pigment called anthocyanin which has been found to significantly help lower blood pressure.

**PREVENT SOME CANCERS.**  
**HELPS WITH ANEMIA AND DIABETES.**

Monday 8<sup>th</sup>

Breakfast Pizza

Chili Dog or Frito Chili Pie, Corn, Veggie Sticks w/Ranch, and Chilled Pears

Tuesday 9<sup>th</sup>

Pancakes

Sausage w/ Biscuit & Gravy or Pancake on a Stick, Tater Tots and Chilled Strawberries



Wednesday 10<sup>th</sup>

Donuts

Walking Beef Taco or Quesadilla Pizza, Shredded Lettuce, Pinto Beans, Rice and Chilled Pineapple

Thursday 11<sup>th</sup>

Breakfast Tornado

Salisbury Steak or Chicken Fried Steak, Mashed Potatoes, Green Beans, Roll, and Chilled Peaches

Friday 12<sup>th</sup>

Biscuit and Gravy

Lasagna or Pepperoni Stuffed Crust Pizza, Carrots, Garden Salad and Birthday Cupcake



Monday 15<sup>th</sup>

Ham and Cheese Biscuit

Vegetable Beef Soup, Grilled Cheese, Garden Salad and Chilled Apricots

Tuesday 16<sup>th</sup>

Pancake on a Stick

Steak Fingers or Chicken Nuggets, Mashed Potatoes, Green Beans, Roll and Chilled Pineapple

Wednesday 17<sup>th</sup>

Breakfast Pizza

Crispy Chicken Sandwich or Cheeseburger, With Lettuce, Tomato and Pickles, Sweet Potato Fries, and Chilled Peaches

Thursday 18<sup>th</sup>

Ham & Cheese Croissant

Beef Nachos or Mexican Chicken, Rice, Pinto Beans, Mexican Corn and Fresh Grapes

Friday 19<sup>th</sup>

Biscuit and Gravy

Pizza Calzone or Chicken Strips, Biscuit, Cooked Carrots, Garden Salad, Fruit



This institution is an equal opportunity provider.

Menu is subject to change.

On April 12<sup>th</sup> we will celebrate our April birthdays, only available with the purchase of a reimbursable meal.