

# Golden Arrow

Breakfast & Lunch Menu

February 4<sup>th</sup>-15<sup>th</sup>

Elementary-High School



Walnuts are rich in omega-3 fats and contain higher amounts of antioxidants than most other foods. Eating walnuts may improve brain health while also helping to prevent heart disease and cancer.

## Monday

Breakfast  
Burrito

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

## Tuesday

Muffin

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

## Wednesday

Donuts

Walking Beef  
Taco or Beef  
Soft Shell Taco,  
Shredded  
Lettuce, Pinto  
Beans, Rice and  
Chilled  
Pineapples

## Thursday

Ham and Cheese  
Biscuit

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

## Friday

Biscuit and  
Gravy

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



## Monday

Ham and Cheese  
Biscuit

Ham & Cheese  
on a Pretzel  
Bun or Grilled  
Cheese, Veggie  
Sticks w/ranch  
and Chilled  
Apricots

## Tuesday

Pancake on a  
Stick

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

## Wednesday

Ham & Cheese  
Croissant

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

## Thursday

Breakfast Pizza

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

## Friday

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 February 8th we will celebrate our February birthdays, only available with the purchase of a reimbursable meal.