

# Golden Arrow

Breakfast & Lunch Menu

Jan 5 – 15th

Elementary-Middle-High School



Cranberries are primarily composed of carbs and fiber and are a rich source of several vitamins and minerals, especially vitamin C.

Monday 4<sup>th</sup>

No  
School

Tuesday 5<sup>th</sup>

Breakfast  
Tornado  
  
Chicken  
Sandwich,  
lettuce, Pickles,  
Chips, Veggie  
sticks w/dip  
and Fruit

Wednesday 6<sup>th</sup>

Pancakes  
  
Cheeseburger,  
French Fries,  
Lettuce, Pickles  
and Fruit

Thursday 7<sup>th</sup>

Breakfast Pizza  
  
Chicken Fried  
Steak, Mashed  
Potatoes, Gravy,  
Green Beans,  
Rolls and Fruit

Friday 8<sup>th</sup>

Biscuit and  
Gravy  
  
Ham and  
Cheese  
Sandwich,  
Veggie Sticks  
and Fruit

Monday 11<sup>th</sup>

Breakfast Bosco  
Stick w/Cheese  
  
Chicken Strips,  
Buttered  
Biscuit, French  
Fries, Carrots  
and Fruit

Tuesday 12<sup>th</sup>

Pancake on a  
Stick  
  
Nachos,  
Pinto Beans,  
Mexican Corn  
and Fruit

Wednesday 13<sup>th</sup>

Breakfast  
Tornado  
  
Cheeseburger,  
Potato Wedges,  
Veggie Sticks  
w/dip and Fruit

Thursday 14<sup>th</sup>

Breakfast Pizza  
  
Chicken  
Spaghetti,  
Vegetable  
Medley, Wheat  
Roll and Fruit

Friday 15<sup>th</sup>

Oatmeal  
w/Blueberries  
  
Stuffed Crust  
Pizza, Green  
Beans Chilled  
Fruit and  
Garden Salad



Offered daily! 😊

Taco Salad: Tortilla Chips, Taco Meat, Lettuce, Corn, Tomatoes and Cheese

Ranch Chicken Wrap: Fajita Chicken, Lettuce, Tomatoes, Cheese in a Tortilla Shell

Grilled Chicken Salad: Romaine Lettuce, Shredded Carrots, Grape Tomatoes, Shredded Cheese, Grilled Chicken, Crackers, and Fruit

Sack Lunch: Ham or Turkey Sandwich, Chips, Veggie Sticks, and a Fruit

This institution is an equal opportunity provider.

Menu is subject to change.