

# Golden Arrow

Breakfast & Lunch Menu  
November 16<sup>th</sup>- December 4<sup>th</sup>  
Elementary-Middle-High School



Drinking plenty of water each day will ensure you get enough water for essential body functions. Drinking water helps regulate body temperature and keep you cool when you're in hot temperatures. The Health and Medicine Division of the National Academies of Sciences, Engineering, and Medicine recommends that adult women consume about 91 ounces of water each day and that men get about 125 ounces. That includes all sources of water, including the beverages you drink and the foods you eat.

## Monday 16<sup>th</sup>

Sausage Biscuit  
Corn dog, Tater Tots, Baked Beans and Fruit



## Tuesday 17<sup>th</sup>

Breakfast Tornado  
Chicken Sandwich, Lettuce, Tomato, Pickles, Chips, Veggie Sticks w/dip and Fruit

## Wednesday 18<sup>th</sup>

Morning Rolls  
Cheeseburger, Spiral Fries, Lettuce, Tomatoes, Pickles and Fruit

## Thursday 19<sup>th</sup>

Breakfast Pizza  
Chicken & Dressing, Mashed Potatoes, Gravy, Green Beans, Apple, Chocolate Pie, Roll

## Friday 20<sup>th</sup>

Biscuit and Gravy  
Ham And cheese Sandwich, Veggie Sticks and Fruit



## Monday 30<sup>th</sup>

Sausage Cheese Biscuit  
Chicken Strips, Buttered Biscuit, French Fries, Carrots and Fruit

## Tuesday 1<sup>st</sup>

Pancake on a Stick  
Nachos, Pinto Beans, Corn, Cinnamon Roll and Fruit

## Wednesday 2<sup>nd</sup>

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

## Thursday 3<sup>rd</sup>

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

## Friday 4<sup>th</sup>

Bacon and Cheese Biscuit  
Stuffed Crust Pizza, Green Beans, and Garden Salad



### Daily alternatives.

MONDAY-Taco Salad: Tortilla Chips, Taco Meat, Lettuce, Corn, Tomatoes and Cheese  
TUESDAY- Ranch Chicken Wrap: Fajita Chicken, Lettuce, Tomatoes, Cheese in a Tortilla Shell  
WEDNESDAY-Grilled Chicken Salad: Romaine Lettuce, Shredded Carrots, Grape Tomatoes, Shredded Cheese, Grilled Chicken, Crackers, and Fruit  
THURSDAY-Sack Lunch: Ham or Turkey Sandwich, Chips, Veggie Sticks, and a Fruit  
FRIDAY-Lunch Kits: Cubed Cheese, Pretzels, Veggie Sticks, and a Fruit

This institution is an equal opportunity provider.  
Menu is subject to change.