

Golden Arrow

Breakfast & Lunch Menu
October 5th-October 16th
Elementary-Middle-High School



Help to protect yourself and others from viruses.

-Wash your hands often with soap and water for at least 20 seconds, especially before meals.

-Avoid touching your eyes, nose, and mouth with unwashed hands.

-Avoid close contact with people that are sick.

-Cough and sneeze into your elbow.

-Stay home if you are sick.

-Boost your Immune System by eating proper nutrition, drinking plenty of water, and getting proper sleep.

Together we can stop the viruses.



Monday 5th

Taco Salad,
Pinto Beans,
Cowboy Cookie,
and Fruit

Tuesday 6th

Pancakes
Chicken Strips,
Biscuit, French
Fries, Corn, and
Fruit

Wednesday 7th

Donuts
Chicken
Sandwich,
Lettuce,
Tomatoes,
Pickles, Sweet
Potato Fries and
Fruit

Thursday 8th

Breakfast
Tornado
Chicken Fried
Steak, Mashed
Potatoes, Green
Beans, Roll and
Fruit

Friday 9th

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

Monday 12th

Egg and Cheese
Biscuit

Chicken
Sandwich,
Baked Beans,
Spiral Fries,
and Fruit

Tuesday 13th

Pancake on a
Stick
Chicken Crispito,
Pinto Beans, Rice
and Fruit

Wednesday 14th

Breakfast Pizza

Chicken
Nuggets, Mashed
Potatoes, Carrots,
Biscuit and Fruit

Thursday 15th

Bacon & Cheese
Croissant

Spaghetti
w/Meat Sauce,
Vegetable
Medley, Wheat
Roll and Fruit

Friday 16th

Sausage, Egg
and Cheese
Biscuit

Mac and Cheese,
Garden Salad,
Green Beans,
and Fruit



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.