

Golden Arrow

Breakfast & Lunch Menu
September 13th-24th
Elementary School



Pears offer vitamin C and fiber and are also cholesterol- and fat-free. The more fruits and vegetables in your children's diet, the stronger they will grow. Vitamin C helps your child build strong muscles, blood vessels, bones, and teeth. Fiber helps keep your child regular and prevent blood sugar spikes.

Monday 13th

French toast
Sticks

Mini Corndog,
Baked Beans,
Carrot Sticks,
and Chilled
Fruit

Tuesday 14th

Sausage Biscuit

Bean & Cheese
Burrito, Mexican
Corn, Salsa,
Peach Cobbler

Wednesday 15th

Breakfast Pizza

Cheese Burger,
Oven Roasted
Broccoli,
Crinkle Fries,
and Chilled
Fruit

Thursday 16th

Muffin

Chicken
Nuggets, Mac&
Cheese, Romaine
Salad and
Chilled Fruit

Friday 17th

Biscuit and
White Gravy

Sausage Pizza,
Green Beans,
Pasta Salad,
and Chilled
Fruit

Monday 20th

Mini Donuts

Sub Sandwich,
Lettuce, Tomato,
Pickle, Celery
Sticks, Chips
and Dragon
Juice

Tuesday 21st

French Toast
Sticks

Chicken
Crispito, Cheese
Cup, Pinto
Beans, Salsa,
Teddy
Grahams, and
Fruit

Wednesday 22nd

Mini Pancakes

Arrow Special
(Chicken, Cheese
& Rice) Steamed
Broccoli,
Cinnamon Roll
and Fruit

Thursday 23rd

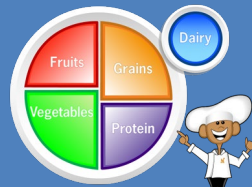
Breakfast
Tornado

Cheese Lasagna
Roll-up, Corn on
the Cob, Carrot
Coins Texas
Toast, and Fruit

Friday 24th

Mini Cheese
Pizza Bagel

Hot Dogs,
French Fries,
and Fruit



Daily alternatives.

MONDAY-Pepperoni Kit: Pepperoni Slices, Cheese cubes, club crackers, veggie sticks, goldfish & Fruit

TUESDAY- Sunbutter & Jelly Sandwich: with Veggie Sticks, Teddy Grahams, & Dragon Juice

WEDNESDAY-Taco Salad: Taco meat, Tortilla/Frito Chips, Corn, Tomato, Cheese, Veggie Sticks, Muffin & Fruit.

Thursday-Lunch Kits: Cubed Cheese, Cheez-Its, Veggie Sticks, and a Fruit

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

This institution is an equal opportunity provider.

Menu is subject to change.

Bringing your lunch from home? Add a milk, vegetable, & fruit for free!