

## Golden Arrow

Breakfast & Lunch Menu  
September 13<sup>th</sup>-24<sup>th</sup>  
Middle-High School



*Potatoes fascinating facts:*

*Potatoes are the fourth Most-produced staple food in the world, and the second most-consumed food in the U. S., behind milk.*

*Thomas Jefferson is credited with introducing French fries to America after serving them at a White House dinner.*

<p><b>Monday 13<sup>th</sup></b></p> <p>Sausage Biscuit</p> <p>Corndog, Baked Beans, Tater Tots, and Chilled Fruit or Cheeseburger Basket</p>	<p><b>Tuesday 14<sup>th</sup></b></p> <p>Breakfast Tornado</p> <p>Chicken Sandwich, Lettuce, Tomato, Pickles, Chips, veggie Sticks w/dip and Chilled Fruit or Chicken Wrap</p>	<p><b>Wednesday 15<sup>th</sup></b></p> <p>Morning Rolls</p> <p>Chicken Crispito, Pinto Beans, Buttered Corn, Blueberry Muffin and Chilled Fruit or Nacho's</p>	<p><b>Thursday 16<sup>th</sup></b></p> <p>Mini Cheese Pizza Bagel</p> <p>Chicken Fried Steak, Mashed Potatoes, Gravy, Carrots, Roll and Chilled Fruit</p>	<p><b>Friday 17<sup>th</sup></b></p> <p>Biscuit and White Gravy</p> <p>Stuffed Crust Pizza, Green Beans, Garden Salad, and Chilled Fruit</p>
<p><b>Monday 20<sup>th</sup></b></p> <p>Sausage Cheese Biscuit</p> <p>Chicken Strips, Buttered Biscuit, French Fries, Carrots, and Chilled Fruit or Cheeseburger Basket</p>	<p><b>Tuesday 21<sup>st</sup></b></p> <p>Pancake on a stick</p> <p>Nachos, Pinto Beans, Cowboy Cookie, and Fruit</p>	<p><b>Wednesday 22<sup>nd</sup></b></p> <p>Breakfast Tornado</p> <p>Cheese Burger, Lettuce, Tomato, Pickles, Potato Wedges, and Fruit</p>	<p><b>Thursday 23<sup>rd</sup></b></p> <p>Breakfast Pizza</p> <p>Chicken Spaghetti, Vegetable Medley, Wheat Roll, and Fruit</p>	<p><b>Friday 24<sup>th</sup></b></p> <p>Biscuit &amp; Chocolate Gravy</p> <p>Cheese Stix, Romaine Salad, Green Beans, and Fruit</p>



### 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.

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