



August

Arrow Academy Breakfast K8

	Breakfast Entree 11 NEW!! Beef & Chicken Maple Kolache Fruit Mixed Fruit Apple Juice	Breakfast Entree 12 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 13 Honey Chicken Biscuit Fruit Pears Apple Juice	Breakfast Entree 14 Strawberry Pop Tart Fruit Blueberries Apple Juice
Breakfast Entree 17 Trix Cereal Fruit Applesauce Apple Juice	Breakfast Entree 18 Turkey Sausage, Egg & Cheese Breakfast Bagel Fruit Mixed Fruit Apple Juice	Breakfast Entree 19 Mini Confetti Pancakes Fruit Banana Apple Juice	Breakfast Entree 20 Trix Mini French Toast Fruit Apple Juice Pears	Breakfast Entree 21 Banana Muffin Fruit Apple Juice Blueberries
Breakfast Entree 24 Cinnamon Toast Crunch Fruit Applesauce Apple Juice	Breakfast Entree 25 Mini Maple Pancakes Fruit Apple Juice Mixed Fruit	Breakfast Entree 26 Froot Loops Waffle Fruit Banana Apple Juice	Breakfast Entree 27 Maple Belgian Waffle Fruit Apple Juice Pears	Breakfast Entree 28 Lucky Charms Cereal Fruit Blueberries Apple Juice
Breakfast Entree 31 Trix Cereal Bar Fruit Pears Apple Juice				

All K-12 Breakfast and Lunch are served with a choice of milk. Preschool and Supper meals are served with 1% white milk. Milk is not offered at snack.

This institution is an equal opportunity provider.



August

Arrow S.O.S. Center

Breakfast K8 - Cold

		Breakfast Entree 12 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 13 Cowboy Bread Fruit Pears Apple Juice	Breakfast Entree 14 Strawberry Pop Tart Fruit Blueberries Apple Juice
Breakfast Entree 17 Trix Cereal Fruit Applesauce Apple Juice	Breakfast Entree 18 Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	Breakfast Entree 19 Blueberry Pop Tart Fruit Banana Apple Juice	Breakfast Entree 20 Nutri-Grain Bar Fruit Apple Juice Pears	Breakfast Entree 21 Banana Muffin Fruit Apple Juice Blueberries
Breakfast Entree 24 Cinnamon Toast Crunch Fruit Applesauce Apple Juice	Breakfast Entree 25 Mini Cinnamon Rolls Fruit Apple Juice Mixed Fruit	Breakfast Entree 26 Yogurt & Granola Fruit Banana Apple Juice	Breakfast Entree 27 Maple Belgian Waffle Fruit Apple Juice Pears	Breakfast Entree 28 Lucky Charms Cereal Fruit Blueberries Apple Juice
Breakfast Entree 31 Trix Cereal Bar Fruit Pears Apple Juice				

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August

Arrow Academy

Lunch K8

	3		4		5		6		7
	10	Lunch Entree NEW!! Chicken Enchilada Empanada Vegetables Pinto Beans Corn Fruit Apple Juice	11	Lunch Entree Popcorn Chicken Vegetables Green Beans Smile Shaped Potatoes Fruit Orange	12	Lunch Entree Spaghetti & Meatballs Vegetables Broccoli Fruit Red Apple Slices Grains Garlic Breadstick	13	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Corn Fruit Pear Halves	14
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Green Beans Fruit Craisins	17	Lunch Entree Grilled Cheese Vegetables Baked Beans Broccoli Fruit Apple Juice	18	Lunch Entree Loaded Fries with Ground Beef & Queso Vegetables Pinto Beans Fruit Orange Grains Honey Graham Crackers	19	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Sliced Apples Grains Broccoli Cheese Rice	20	Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Baby Carrots & Cucumber Fruit Diced Peaches Condiments Ranch Packet	21
Lunch Entree Breaded Chicken Sandwich Vegetables Crinkle Cut Fries Dill Pickle Chips Fruit Sour Mixed Berry Raisins	24	Lunch Entree Beef Taco Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Condiments Cholula Packet	25	Lunch Entree Meatballs,beef Vegetables Green Beans Mashed Potatoes & Gravy Fruit Orange Grains Dinner Roll	26	Lunch Entree Chicken Alfredo Vegetables Broccoli Fruit Red Apple Slices	27	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Corn Fruit Pear Halves	28
Lunch Entree Meatball Sub Vegetables Diced Potatoes Fruit Craisins	31								

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