



November

Arrow Academy Breakfast K8

Breakfast Entree 2 Cinnamon Toast Crunch Fruit Applesauce Apple Juice	Breakfast Entree 3 Mini Maple Pancakes Fruit Apple Juice Mixed Fruit	Breakfast Entree 4 Froot Loops Waffle Fruit Banana Apple Juice	Breakfast Entree 5 Maple Belgian Waffle Fruit Apple Juice Pears	Breakfast Entree 6 Lucky Charms Cereal Fruit Blueberries Apple Juice
Breakfast Entree 9 Trix Cereal Bar Fruit Applesauce Apple Juice	Breakfast Entree 10 Cinnamon Toast Crunch Mini French Toast Fruit Mixed Fruit Apple Juice	Breakfast Entree 11 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 12 Turkey Sausage Biscuit Fruit Pears Apple Juice	Breakfast Entree 13 Banana Muffin Fruit Blueberries Apple Juice
Breakfast Entree 16 Apple Cinnamon Nutri-Grain Bar Fruit Applesauce Apple Juice	Breakfast Entree 17 Breakfast Turkey Sausage Pizza Fruit Mixed Fruit Apple Juice	Breakfast Entree 18 Mini Confetti Pancakes Fruit Banana Apple Juice	Breakfast Entree 19 Maple Pancake, Chicken Sausage & Cheese Sandwich Fruit Pears Apple Juice	Breakfast Entree 20 Yogurt & Granola Fruit Blueberries Apple Juice
<i>Thanksgiving</i> 23	<i>Thanksgiving</i> 24	<i>Thanksgiving</i> 25	<i>Thanksgiving</i> 26	<i>Thanksgiving</i> 27
Breakfast Entree 30 Trix Cereal Fruit Applesauce 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.



November

Arrow Academy Lunch K8

Lunch Entree Breaded Chicken Sandwich Vegetables Crinkle Cut Fries Dill Pickle Chips Fruit Craisins	2	Lunch Entree Beef Taco Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Condiments Cholula Packet	3	Lunch Entree Meatballs,beef Vegetables Green Beans Mashed Potatoes & Gravy Fruit Orange Grains Dinner Roll	4	Lunch Entree Chicken Alfredo Vegetables Brocoli Florets Broccoli Florets Fruit Red Apple Slices	5	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Corn Fruit Pear Halves	6
Lunch Entree Meatball Sub Vegetables Diced Potatoes Fruit Craisins	9	Lunch Entree Mini Chicken Corn Dogs Vegetables Broccoli Diced Carrots Fruit Apple Juice	10	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Orange	11	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Diced Carrots Fruit Red Apple Slices	12	Lunch Entree Pizza Crunchers Vegetables Green Beans Corn Fruit Raisins	13
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Green Beans Corn Fruit Raisins Condiments Ranch Packet	16	Lunch Entree Bean & Cheese Burrito Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Condiments Cholula Packet	17	Lunch Entree Chicken Smackers with Mac & Cheese Vegetables Wango Mango Juice Box Diced Carrots Fruit Orange	18	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Dragon Punch Diced Potatoes Fruit Red Apple Slices	19	Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Broccoli Spaghetti Sauce Dip Fruit Pear Halves	20
Thanksgiving	23	Thanksgiving	24	Thanksgiving	25	Thanksgiving	26	Thanksgiving	27
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Green Beans Fruit Raisins	30								

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November

Arrow Academy Snack K12

Grains Keebler Cinnamon Bug Graham Bites Misc. String Cheese	2	Fruit Apple Slices Grains Strawberry Crisp Soft Baked bar	3	Fruit Apple Juice Grains Heart Shaped Pretzels	4	Breakfast Entree Animal Crackers Fruit Apple Slices	5	Fruit Fruit Punch Grains Campfire S'mores Soft Baked Bar	6
Fruit Apple Slices Grains Smart Crackers	9	Fruit Fruit Punch Grains Goldfish Pretzels	10	Fruit Apple Slices Grains Cheez-It Crackers	11	Breakfast Entree Honey Graham Crackers Fruit Apple Slices	12	Fruit Fruit Punch Grains Strawberry Crisp Soft Baked bar	13
Fruit Apple Slices Grains Cheddar Goldfish	16	Fruit Fruit Punch Grains Campfire S'mores Soft Baked Bar	17	Grains Strawberry Yogurt Snack Mix Misc. String Cheese	18	Fruit Apple Slices Grains Giant Vanilla Goldfish	19	Fruit Fruit Punch Grains Strawberry Crisp Soft Baked bar	20
Thanksgiving	23	Thanksgiving	24	Thanksgiving	25	Thanksgiving	26	Thanksgiving	27
Fruit Apple Slices Grains Strawberry Crisp Soft Baked bar	30								

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