



September

Arrow Academy Breakfast K8

	Breakfast Entree 1 Cinnamon Toast Crunch Mini French Toast Fruit Mixed Fruit Apple Juice	Breakfast Entree 2 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 3 Turkey Sausage Biscuit Fruit Pears Apple Juice	Breakfast Entree 4 Banana Muffin Fruit Blueberries Apple Juice
	Breakfast Entree 8 Apple Cinnamon Nutri- Grain Bar Fruit Apple Juice Applesauce	Breakfast Entree 9 Mini Confetti Pancakes Fruit Banana Apple Juice	Breakfast Entree 10 Maple Pancake, Chicken Sausage & Cheese Sandwich Fruit Pears Apple Juice	Breakfast Entree 11 Yogurt & Granola Fruit Blueberries Apple Juice
Breakfast Entree 14 Cocoa Puffs Cereal Fruit Applesauce Apple Juice	Breakfast Entree 15 NEW!! Beef & Chicken Maple Kolache Fruit Mixed Fruit Apple Juice	Breakfast Entree 16 Blueberry Belgian Waffle Fruit Banana Apple Juice	Breakfast Entree 17 Honey Chicken Biscuit Fruit Pears Apple Juice	Breakfast Entree 18 Strawberry Pop Tart Fruit Blueberries Apple Juice
Breakfast Entree 21 Trix Cereal Fruit Applesauce Apple Juice	Breakfast Entree 22 Turkey Sausage, Egg & Cheese Breakfast Bagel Fruit Mixed Fruit Apple Juice	Breakfast Entree 23 Mini Confetti Pancakes Fruit Banana Apple Juice	Breakfast Entree 24 Trix Mini French Toast Fruit Apple Juice Pears	Breakfast Entree 25 Banana Muffin Fruit Apple Juice Blueberries
Breakfast Entree 28 Cinnamon Toast Crunch Fruit Applesauce Apple Juice	Breakfast Entree 29 Mini Maple Pancakes Fruit Apple Juice Mixed Fruit	Breakfast Entree 30 Froot Loops Waffle Fruit Banana 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.



September

Arrow Academy Lunch K8

	Lunch Entree Mini Chicken Corn Dogs Vegetables Broccoli Diced Carrots Fruit Apple Juice	1	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Orange	2	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Diced Carrots Fruit Red Apple Slices	3	Lunch Entree Pizza Crunchers Vegetables Green Beans Corn Fruit Diced Peaches	4	
7	Lunch Entree Beef & Cheese Quesadilla Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Condiments Cholula Packet	8	Lunch Entree Chicken Smackers with Mac & Cheese Vegetables Wango Mango Juice Box Diced Carrots Fruit Orange	9	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Dragon Punch Diced Potatoes Fruit Red Apple Slices	10	Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Broccoli Spaghetti Sauce Dip Fruit Pear Halves	11	
Lunch Entree Cheeseburger Vegetables Crinkle Cut Fries Diced Carrots Fruit Craisins	14	Lunch Entree NEW!! Chicken Enchilada Empanada Vegetables Pinto Beans Corn Fruit Apple Juice	15	Lunch Entree Popcorn Chicken Vegetables Green Beans Smile Shaped Potatoes Fruit Orange	16	Lunch Entree Spaghetti & Meatballs Vegetables Broccoli Fruit Red Apple Slices	17	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Corn Fruit Diced Peaches	18
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Green Beans Fruit Raisins	21	Lunch Entree Grilled Cheese Vegetables Baked Beans Broccoli Fruit Apple Juice	22	Lunch Entree Loaded Fries with Ground Beef & Queso Vegetables Pinto Beans Fruit Orange Grains Honey Graham Crackers	23	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Sliced Apples Grains Broccoli Cheese Rice	24	Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Baby Carrots & Cucumber Fruit Diced Peaches Condiments Ranch Packet	25
Lunch Entree Breaded Chicken Sandwich Vegetables Crinkle Cut Fries Dill Pickle Chips Fruit Craisins	28	Lunch Entree Beef Taco Vegetables Pinto Beans Diced Carrots Fruit Apple Juice Condiments Cholula Packet	29	Lunch Entree Meatballs,beef Vegetables Green Beans Mashed Potatoes & Gravy Fruit Orange Grains Dinner Roll	30				

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September

Arrow Academy Snack K12

	1 Fruit Fruit Punch Grains Goldfish Pretzels	2 Fruit Apple Slices Grains Cheez-It Crackers	3 Breakfast Entree Honey Graham Crackers Fruit Apple Slices	4 Fruit Fruit Punch Grains Strawberry Crisp Soft Baked bar
7	8 Fruit Fruit Punch Grains Campfire S'mores Soft Baked Bar	9 Grains Strawberry Yogurt Snack Mix Misc. String Cheese	10 Fruit Apple Slices Grains Giant Vanilla Goldfish	11 Fruit Fruit Punch Grains Strawberry Crisp Soft Baked bar
14 Fruit Apple Slices Grains Birthday Cake Graham Crackers	15 Fruit Fruit Punch Grains Strawberry Crisp Soft Baked bar	16 Fruit Apple Slices Grains Cheez-It Crackers	17 Breakfast Entree Honey Graham Crackers Fruit Fruit Punch	18 Fruit Apple Slices Grains Campfire S'mores Soft Baked Bar
21 Fruit Apple Slices Grains Strawberry Crisp Soft Baked bar	22 Fruit Fruit Punch Grains Giant Vanilla Goldfish	23 Grains Birthday Cake Graham Crackers Misc. String Cheese	24 Fruit Apple Slices Grains Campfire S'mores Soft Baked Bar	25 Fruit Fruit Punch Grains Cheez-It Crackers
28 Grains Keebler Cinnamon Bug Graham Bites Misc. String Cheese	29 Fruit Apple Slices Grains Strawberry Crisp Soft Baked bar	30 Fruit Apple Juice Grains Heart Shaped Pretzels		

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