

April

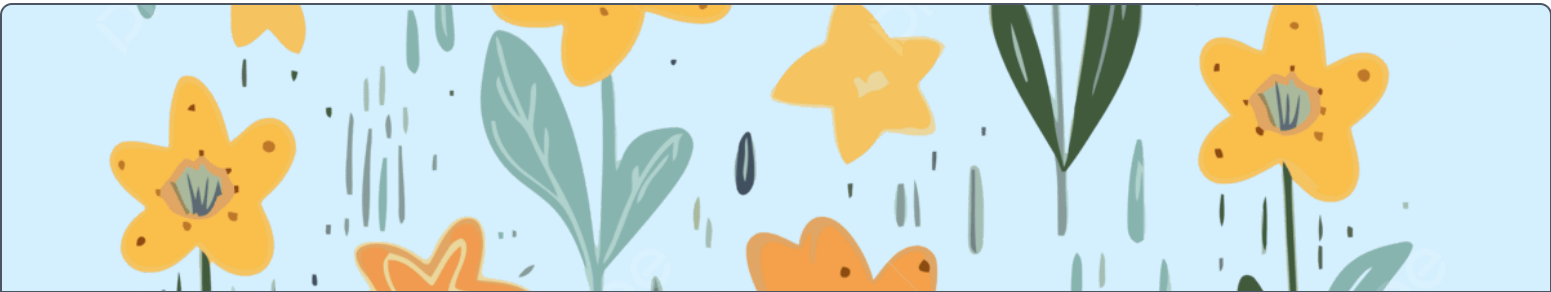
Arrow S.O.S. Center

Breakfast K8 - Cold

		Breakfast Entree 1 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Banana Apple Juice	Breakfast Entree 2 Cowboy Bread Fruit Sour Mixed Berry Raisins Apple Juice	3
6	Breakfast Entree 7 Cinnamon Toast Crunch Soft Filled Bar Fruit Diced Peaches Apple Juice	Breakfast Entree 8 Maple Belgian Waffle Fruit Banana Apple Juice	Breakfast Entree 9 Cinnamon Cream Cheese Mini Bagels Fruit Craisins Apple Juice	Breakfast Entree 10 Strawberry Pop Tart Fruit Fuji Apple Apple Juice
Breakfast Entree 13 Cocoa Puffs Cereal Fruit Applesauce Apple Juice	Breakfast Entree 14 Mini Bagels w/ Strawberry Cream Cheese Fruit Diced Peaches Apple Juice	Breakfast Entree 15 Banana Muffin Fruit Banana Apple Juice	Breakfast Entree 16 Cinnamon Toast Crunch Soft Filled Bar Fruit Sour Watermelon Raisins Apple Juice	Breakfast Entree 17 Lucky Charms Cereal Fruit Fuji Apple Apple Juice
Breakfast Entree 20 Mini Cinnamon Rolls Fruit Apple Juice Applesauce	Breakfast Entree 21 Blueberry Pop Tart Fruit Diced Peaches Apple Juice	Breakfast Entree 22 Blueberry Belgian Waffle Fruit Banana Apple Juice	Breakfast Entree 23 Cowboy Bread Fruit Sour Mixed Berry Raisins Apple Juice	Breakfast Entree 24 Yogurt & Granola Fruit Fuji Apple Apple Juice
Breakfast Entree 27 Trix Cereal Bar Fruit Apple Juice Applesauce	Breakfast Entree 28 Cinnamon Snack'n Waffle Fruit Apple Juice Applesauce	Breakfast Entree 29 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Banana Apple Juice	Breakfast Entree 30 Cinnamon Toast Crunch Cereal Bar Fruit Sour Mixed Berry Raisins 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.



April

Arrow Academy

Lunch K8

		Lunch Entree Breakfast for Lunch: Scrambled Eggs, Turkey Sausage & Biscuit Vegetables Tater Tots Dragon Punch Fruit Red Apple Slices	1	Lunch Entree Spaghetti & Meatballs Vegetables Garden Salad Fruit Apple Juice	2		3		
	6	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Orange Grains Broccoli Cheese Rice	7	Lunch Entree Crispy Beef Taco Vegetables Pinto Beans Corn Fruit Red Apple Slices Grains Mexican Rice	8	Lunch Entree Chicken Alfredo Vegetables Broccoli Fruit Apple Juice	9	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Green Beans Diced Carrots Fruit Cool Tropics Slush	10
Lunch Entree Meatball Sub Vegetables Crinkle Cut Fries Fruit Sour Watermelon Raisins	13	Lunch Entree Mini Chicken Corn Dogs Vegetables Pinto Beans Vegetable Blend Fruit Orange	14	Lunch Entree Chicken Tenders & Ketchup Vegetables Tater Tots Green Beans Fruit Red Apple Slices	15	Lunch Entree Cheeseburger Mac Vegetables Baby Carrots Fruit Apple Juice Condiments Ranch Packet	16	Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Broccoli Florets Cucumber Slices Fruit Diced Peaches Condiments Ranch Packet	17
Lunch Entree BBQ Chicken Tender Sandwich Vegetables Diced Carrots Dill Pickle Chips Fruit Sour Mixed Berry Raisins	20	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Corn Fruit Orange	21	Lunch Entree Meatballs,beef Vegetables Mashed Potatoes & Gravy Green Beans Fruit Red Apple Slices Grains Dinner Roll	22	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Diced Potatoes Dragon Punch Fruit Apple Juice	23	Lunch Entree Mini Beef Pepperoni Calzones Vegetables Broccoli Diced Carrots Fruit Diced Peaches	24
Lunch Entree All Beef Hot Dog Vegetables Crinkle Cut Fries Broccoli Fruit Sour Watermelon Raisins	27	Lunch Entree Beef & Cheese Quesadilla Vegetables Pinto Beans Diced Carrots Fruit Orange	28	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Red Apple Slices	29	Lunch Entree S&F Foods Turkey Ham & Cheese Stromboli Vegetables Green Beans Broccoli Fruit Apple Juice	30		

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