



October

Arrow S.O.S. Center

Breakfast K8 - Cold

			Breakfast Entree 1 Maple Belgian Waffle Fruit Apple Juice Pears	Breakfast Entree 2 Lucky Charms Cereal Fruit Blueberries Apple Juice
Breakfast Entree 5 Trix Cereal Bar Fruit Pears Apple Juice	Breakfast Entree 6 Cinnamon Cream Cheese Mini Bagels Fruit Mixed Fruit Apple Juice	Breakfast Entree 7 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 8 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Pears Apple Juice	Breakfast Entree 9 Banana Muffin Fruit Apple Juice Blueberries
12	13	Breakfast Entree 14 Blueberry Muffin Top Fruit Banana Apple Juice	Breakfast Entree 15 Blueberry Pop Tart Fruit Pears Apple Juice	Breakfast Entree 16 Yogurt & Granola Fruit Blueberries Apple Juice
Breakfast Entree 19 Cocoa Puffs Cereal Fruit Applesauce Apple Juice	Breakfast Entree 20 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Mixed Fruit Apple Juice	Breakfast Entree 21 Blueberry Belgian Waffle Fruit Banana Apple Juice	Breakfast Entree 22 Cowboy Bread Fruit Pears Apple Juice	Breakfast Entree 23 Strawberry Pop Tart Fruit Blueberries Apple Juice
Breakfast Entree 26 Trix Cereal Fruit Applesauce Apple Juice	Breakfast Entree 27 Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	Breakfast Entree 28 Blueberry Pop Tart Fruit Banana Apple Juice	Breakfast Entree 29 Nutri-Grain Bar Fruit Apple Juice Pears	Breakfast Entree 30 Banana Muffin Fruit Apple Juice Blueberries

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.



October

Arrow Academy
Lunch K8

			Lunch Entree Chicken Alfredo Vegetables Brocoli Florets Broccoli Florets Fruit Red Apple Slices	1	Lunch Entree Turkey & Beef Pepperoni Pizza Vegetables Diced Carrots Corn Fruit Pear Halves	2			
Lunch Entree Meatball Sub Vegetables Diced Potatoes Fruit Craisins	5	Lunch Entree Mini Chicken Corn Dogs Vegetables Broccoli Diced Carrots Fruit Apple Juice	6	Lunch Entree "Fried" Chicken Bowl with Mashed Potatoes & Corn Fruit Orange	7	Lunch Entree Beef & Cheese Walking Taco Vegetables Pinto Beans Diced Carrots Fruit Red Apple Slices	8	Lunch Entree Pizza Crunchers Vegetables Green Beans Corn Fruit Raisins	9
	12		13	Lunch Entree Chicken Smackers with Mac & Cheese Vegetables Wango Mango Juice Box Diced Carrots Fruit Orange	14	Lunch Entree Breakfast for Lunch: Scrambled Eggs & French Toast Sticks Vegetables Dragon Punch Diced Potatoes Fruit Red Apple Slices	15	Lunch Entree Mozzarella Stuffed Breadsticks with Marinara Dip Vegetables Broccoli Spaghetti Sauce Dip Fruit Cran-Grape Juice	16
Lunch Entree Cheeseburger Vegetables Oven Baked Carrot Fries 3/4 Cup Fruit Craisins	19	Lunch Entree Grilled Chicken & Cheese Taco Vegetables Pinto Beans Corn Fruit Apple Juice	20	Lunch Entree Popcorn Chicken Vegetables Green Beans Smile Shaped Potatoes Fruit Orange Grains Honey Graham Crackers	21	Lunch Entree Spaghetti & Meatballs Vegetables Brocoli Florets Fruit Red Apple Slices	22	Lunch Entree Turkey Pepperoni Pizza Rippers Vegetables Diced Carrots Corn Fruit Raisins	23
Lunch Entree All Beef Hot Dog Vegetables Tater Tots Green Beans Fruit Raisins	26	Lunch Entree Grilled Cheese Vegetables Baked Beans Broccoli Fruit Apple Juice	27	Lunch Entree Loaded Fries with Ground Beef & Queso Vegetables Pinto Beans Fruit Orange Grains Honey Graham Crackers	28	Lunch Entree Chicken Smackers & Ketchup Vegetables Diced Carrots Fruit Sliced Apples Grains Broccoli Cheese Rice	29	Lunch Entree Italian Pull Apart Cheese & Garlic Bread Vegetables Baby Carrots & Cucumber Fruit Craisins Condiments Ranch Packet	30

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