



September

Arrow S.O.S. Center

Breakfast K8 - Cold

	Breakfast Entree 1 Cinnamon Cream Cheese Mini Bagels Fruit Mixed Fruit Apple Juice	Breakfast Entree 2 Blueberry Belgian Waffle Fruit Banana Apple Juice	Breakfast Entree 3 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Pears Apple Juice	Breakfast Entree 4 Banana Muffin Fruit Apple Juice Blueberries
	Breakfast Entree 8 Apple Cinnamon Nutri- Grain Bar Fruit Applesauce Apple Juice	Breakfast Entree 9 Blueberry Muffin Top Fruit Banana Apple Juice	Breakfast Entree 10 Cinnamon Toast Crunch Soft Filled Bar 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 Banana Chocolate Chip Breakfast Oatmeal Round Fruit Mixed Fruit Apple Juice	Breakfast Entree 16 Cinnamon Snack'n Waffle Fruit Banana Apple Juice	Breakfast Entree 17 Cowboy Bread 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 Golden Grahams Fruit Mixed Fruit Apple Juice Grains Honey Graham Crackers	Breakfast Entree 23 Blueberry Pop Tart Fruit Banana Apple Juice	Breakfast Entree 24 Nutri-Grain Bar 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 Cinnamon Rolls Fruit Apple Juice Mixed Fruit	Breakfast Entree 30 Yogurt & Granola 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				

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.