

# Golden Arrow

Breakfast & Lunch Menu  
November 8<sup>th</sup>-19<sup>th</sup>  
Middle-High School



Corn, also known as maize (*Zea mays*), is one of the world's most popular cereal grains. It's the seed of a plant in the grass family, native to Central America but grown in countless varieties worldwide. Popcorn and sweet corn are popular varieties, but refined corn products are also widely consumed, frequently as ingredients in processed food. These include tortillas, tortilla chips, polenta, cornmeal, corn flour, corn syrup, and corn oil.

## Monday 8<sup>th</sup>

Sausage Biscuit  
Corndog,  
Baked Beans,  
Tater Tots, and  
Chilled Fruit or  
Cheeseburger  
Basket

## Tuesday 9<sup>th</sup>

Breakfast  
Tornado  
Chicken  
Sandwich,  
Lettuce, Tomato,  
Pickles, Chips,  
Veggie Sticks  
w/dip and Chilled  
Fruit or Chicken  
Wrap

## Wednesday 10<sup>th</sup>

Morning Rolls  
Chicken  
Crispito, Pinto  
Beans, Buttered  
Corn, Blueberry  
Muffin and  
Chilled Fruit or  
Nacho's

## Thursday 11<sup>th</sup>

Mini Cheese  
Pizza Bagel  
Chicken Fried  
Steak, Mashed  
Potatoes, Gravy,  
Carrots, Roll  
and Chilled  
Fruit

## Friday 12<sup>th</sup>

Biscuit and  
White Gravy  
Stuffed Crust  
Pizza, Green  
Beans, Garden  
Salad, and  
Chilled Fruit

## Monday 15<sup>th</sup>

Sausage Cheese  
Biscuit  
Chicken Strips,  
Buttered  
Biscuit, French  
Fries, Carrots,  
and Chilled  
Fruit or  
Cheeseburger  
Basket

## Tuesday 16<sup>th</sup>

Pancake on a  
stick  
Nachos, Pinto  
Beans, Cowboy  
Cookie, and  
Fruit

## Wednesday 17<sup>th</sup>

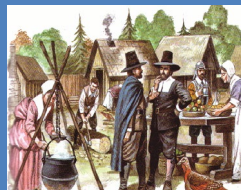
Breakfast  
Tornado  
Chicken &  
Dressing,  
Mashed Potatoes,  
Green Beans,  
Roll, Fruit and  
Dessert

## Thursday 18<sup>th</sup>

Cook's choice

## Friday 19<sup>th</sup>

Cook's choice



### Daily alternatives.

MONDAY-Taco Salad: Tortilla Chips, Taco Meat, Lettuce, Corn, Tomatoes and Cheese

TUESDAY- Ranch Chicken Wrap: Fajita Chicken, Lettuce, Tomatoes, Cheese in a Tortilla Shell

WEDNESDAY-Grilled Chicken Salad: Romaine Lettuce, Shredded Carrots, Grape Tomatoes, Shredded Cheese, Grilled Chicken, Crackers, and Fruit

THURSDAY-Sack Lunch: Ham or Turkey Sandwich, Chips, Veggie Sticks, and a Fruit

FRIDAY-Lunch Kits: Cubed Cheese, Pretzels, Veggie Sticks, and a Fruit

This institution is an equal opportunity provider.

Menu is subject to change.

***Bringing your lunch from home? Add a milk, vegetable, & fruit for free!***