



# SHAWNEE MISSION SCHOOL DISTRICT

## Arrowhead Day School Menu 2nd Semester 2021-22



as of 1/11/22

### BREAKFAST MENU (repeats weekly)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Choice of:</b> Mini Pancakes Cereal & Grahams Banana Bread  <b>Served with:</b> Fruit 100% Juice Milk	<b>Choice of:</b> Breakfast Pizza Cereal & Grahams Banana Bread  <b>Served with:</b> Fruit 100% Juice Milk	<b>Choice of:</b> Cinnamon Bun Cereal & Grahams Banana Bread  <b>Served with:</b> Fruit 100% Juice Milk	<b>Choice of:</b> Breakfast Pizza Cereal & Grahams Banana Bread  <b>Served with:</b> Fruit 100% Juice Milk	<b>Choice of:</b> Mini Pancakes Cereal & Grahams Banana Bread  <b>Served with:</b> Fruit 100% Juice Milk

### LUNCH MENU

Week 1:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
	Cheeseburger	French Toast Sticks and Sausage	Chicken Nuggets with Garlic Toast	Walking Taco	Stuffed Crust Pepperoni Pizza
	PBJ Sandwich	PBJ Sandwich	PBJ Sandwich	Cheese Quesadilla	PBJ Sandwich
	Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	PBJ Sandwich	Yogurt with Cheese & Granola
				Yogurt with Cheese & Granola	
	Served with:	Served with:	Served with:	Served with:	Served with:
	Tater Tots	Potato Smiles	Mashed Potatoes with Country Gravy	Tater Tots	Seasoned Fries
	Fresh Baby Carrots	Green Beans	Fresh Cauliflower	Refried Beans	Fresh Baby Carrots
	Fresh Broccoli	Fresh Baby Carrots	Green Leaf Lettuce	Fresh Fruit	
	Chilled Manadarin Oranges	Chilled Peaches	Chilled Pears	Frozen Fruit Cup	
	Chilled Fruit Cocktail	Cinnamon Apples	Fresh Apple Slices	100% Juice	
	100% Juice	Scoops	Cookie ^	Milk	
	Milk	100% Juice	100% Juice		
		Milk	Milk		
Week 2:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
	Hot Dog	Chicken & Waffles	Cheeseburger	Chicken Sandwich	Stuffed Crust Cheese Pizza
	Macaroni & Cheese with Garlic Toast	PBJ Sandwich	Mini Corn Dogs	Fiesta Pizza	PBJ Sandwich
	PBJ Sandwich	Yogurt with Cheese & Granola	PBJ Sandwich	PBJ Sandwich	Yogurt with Cheese & Granola
	Yogurt with Cheese & Granola		Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	
	Served with:	Served with:	Served with:	Served with:	Served with:
	Tater Tots	Potato Smiles	Potato Smiles	Tater Tots	Seasoned Fries
	Fresh Baby Carrots	Fresh Cucumbers	Fresh Celery	Fiesta Black Beans	Fresh Baby Carrots
	Fresh Broccoli	Fresh Baby Carrots	Green Leaf Lettuce	Fresh Fruit	
	Chilled Manadarin Oranges	Chilled Peaches	Chilled Pears	Frozen Fruit Cup	
	Chilled Fruit Cocktail	Cinnamon Apples	Fresh Apple Slices	100% Juice	
	100% Juice	100% Juice	Chex Mix	Milk	
	Milk	Milk	100% Juice		
			Milk		

**FREE meals offered to  
ALL students during the  
2021-22 school year.**



	Meal Prices:	
	<u>Breakfast</u>	<u>Lunch</u>
Student	\$0.00	\$0.00
Adult	\$2.35	\$3.95
Visitor	\$2.55	\$4.30
This institution is an equal opportunity employer.		



Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one component must be a 1/2 cup of fruit or vegetable. Components include **protein**, **grain**, **fruit**, **vegetable**, and **milk**.

Menu is subject to change due to availability.