

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



		BREA	KFAST MENU (repeats weekl	y)	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
	Mini Pancakes	Breakfast Pizza	Cinnamon Bun	Breakfast Pizza	Mini Pancakes
	Cereal & Grahams	Cereal & Grahams	Cereal & Grahams	Cereal & Grahams	Cereal & Grahams
	Banana Bread	Banana Bread	Banana Bread	Banana Bread	Banana Bread
	Served with:	Served with:	Served with:	Served with:	Served with:
	Fruit	Fruit	Fruit	Fruit	Fruit
	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	Milk	Milk	Milk	Milk
			LUNCH MENU		
Week 1:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WCCK I.	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
1/10/2022	PBJ Sandwich	PBJ Sandwich	PBJ Sandwich	Cheese Quesadilla	PBJ Sandwich
1/24/2022	Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	PBJ Sandwich	Yogurt with Cheese & Granola
2/7/2022				Yogurt with Cheese & Granola	
2/21/2022					
3/7/2022	Served with:	Served with:	Served with:	Served with:	Served with:
3/21/2022	Tater Tots	Potato Smiles	Mashed Potatoes with Country Gravy	Tater Tots	Seasoned Fries
4/4/2022	Fresh Baby Carrots	Green Beans	Fresh Cauliflower	Refried Beans	Fresh Baby Carrots
	Chilled Applesauce	Fresh Broccoli	Fresh Baby Carrots	Green Leaf Lettuce	Fresh Fruit
5/2/2022	Fresh Oranges	Chilled Manadarin Oranges	Chilled Peaches	Chilled Pears	Frozen Fruit Cup
5/16/2022	Muffin	Chilled Fruit Cocktail	Cinnamon Apples	Fresh Apple Slices	100% Juice
0/10/2022	100% Juice	100% Juice	Scoops	Cookie ^	Milk
	Milk	Milk	100% Juice	100% Juice	
	WillX	WillX	Milk	Milk	
			Willix	IVIIIX	
W 10	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2:	Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
	Hot Dog	Chicken & Waffles	Cheeseburger	Chicken Sandwich	Stuffed Crust Cheese Pizza
1/17/2022	Macaroni & Cheese with Garlic Toast	PBJ Sandwich	Mini Corn Dogs	Fiestada Pizza	PBJ Sandwich
	PBJ Sandwich	Yogurt with Cheese & Granola	PBJ Sandwich	PBJ Sandwich	Yogurt with Cheese & Granola
	Yogurt with Cheese & Granola	Togari Mar Gridood & Granola	Yogurt with Cheese & Granola	Yogurt with Cheese & Granola	Togart War oncoos a Granola
2/28/2022			Togart With Onlood & Granola	Togatt With Onocoo & Oranola	
	Served with:	Served with:	Served with:	Served with:	Served with:
4/11/2022		Potato Smiles	Potato Smiles	Tater Tots	Seasoned Fries
4/25/2022		Fresh Cucumbers	Fresh Celery	Fiesta Black Beans	Fresh Baby Carrots
5/9/2022	Chilled Applesauce	Fresh Broccoli	Fresh Baby Carrots	Green Leaf Lettuce	Fresh Fruit
5/23/2022	• • • • • • • • • • • • • • • • • • • •		li lesii paby callots	Miceli Leai Lellace	
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Ī	•	Chilled Manadarin Oranges	Chilled Peaches	Chilled Pears	Frozen Fruit Cup
	100% Juice	Chilled Fruit Cocktail	Cinnamon Apples	Fresh Apple Slices	100% Juice
		Chilled Fruit Cocktail 100% Juice	Cinnamon Apples 100% Juice	Fresh Apple Slices Chex Mix	·
	100% Juice	Chilled Fruit Cocktail	Cinnamon Apples	Fresh Apple Slices	100% Juice
	100% Juice	Chilled Fruit Cocktail 100% Juice	Cinnamon Apples 100% Juice	Fresh Apple Slices Chex Mix 100% Juice	100% Juice
	100% Juice	Chilled Fruit Cocktail 100% Juice Milk	Cinnamon Apples 100% Juice Milk	Fresh Apple Slices Chex Mix 100% Juice	100% Juice Milk
	100% Juice	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart	Cinnamon Apples 100% Juice Milk  Meal Prices:	Fresh Apple Slices Chex Mix 100% Juice	100% Juice Milk  Students must choose a full portion of at
	100% Juice Milk	Chilled Fruit Cocktail 100% Juice Milk	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch	Fresh Apple Slices Chex Mix 100% Juice	100% Juice Milk  Students must choose a full portion of at least 3 of the 5 components to receive a
	100% Juice Milk  FREE meals offered to	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00	Fresh Apple Slices Chex Mix 100% Juice	100% Juice Milk  Students must choose a full portion of at least 3 of the 5 components to receive a full school lunch and at least one
	100% Juice Milk  FREE meals offered to	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00 Adult \$2.35 \$3.95	Fresh Apple Slices Chex Mix 100% Juice	100% Juice Milk  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
	FREE meals offered to ALL students during the	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00	Fresh Apple Slices Chex Mix 100% Juice Milk	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,
	100% Juice Milk  FREE meals offered to	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00 Adult \$2.35 \$3.95	Fresh Apple Slices Chex Mix 100% Juice Milk  Fuel up	100% Juice Milk  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
	FREE meals offered to ALL students during the	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart to Play Hard	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00 Adult \$2.35 \$3.95	Fresh Apple Slices Chex Mix 100% Juice Milk  Fuel up with foods	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,
	FREE meals offered to ALL students during the	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart to Play Hard  Eat fruits & veggies	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00 Adult \$2.35 \$3.95	Fresh Apple Slices Chex Mix 100% Juice Milk  Fuel up with foods from each	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.
	FREE meals offered to ALL students during the	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart to Play Hard	Cinnamon Apples 100% Juice Milk  Meal Prices:  Breakfast Student \$0.00 \$0.00 Adult \$2.35 \$3.95 Visitor \$2.55 \$4.30	Fresh Apple Slices Chex Mix 100% Juice Milk  Fuel up with foods	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
	FREE meals offered to ALL students during the	Chilled Fruit Cocktail 100% Juice Milk  Eat Smart to Play Hard  Eat fruits & veggies	Cinnamon Apples 100% Juice Milk  Meal Prices: Breakfast Lunch Student \$0.00 \$0.00 Adult \$2.35 \$3.95	Fresh Apple Slices Chex Mix 100% Juice Milk  Fuel up with foods from each	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.