



SHAWNEE MISSION SCHOOL DISTRICT

Arrowhead Day School Lunch Menu 1st Semester 2018-2019



Week 1:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/13/18	Choice of: Stuffed Crust Cheese Pizza PBJ Sandwich with Cheese & Crackers	Choice of: Chicken Strips PBJ Sandwich with Cheese & Crackers	Choice of: Corn Dog PBJ Sandwich with Cheese & Crackers	Choice of: Chicken & Waffles PBJ Sandwich with Cheese & Crackers	Choice of: Nachos PBJ Sandwich with Cheese & Crackers
9/10/18	Served with: Baked Beans * Romaine Lettuce	Served with: Mashed Potatoes with Chicken Gravy * Green Beans	Served with: Potato Smiles Roasted Vegetables	Served with: Glazed Carrots Fresh Cauliflower	Served with: Refried Beans Fresh Red Peppers
10/15/18	11/5/18	12/10/18			
11/5/18	Fresh Baby Carrots Chilled Pears	Romaine Lettuce Fresh Grapes	Romaine Lettuce Fresh Fruit	Romaine Lettuce Fresh Zucchini	Romaine Lettuce Fresh Apple Slices
12/10/18	Fresh Orange Wedges Frozen Fruit Cup	Chilled Peaches Giant Grahams	Chilled Pineapple Rice Krispie Treat	Chilled Mandarin Oranges Fresh Banana	Chilled Fruit Cocktail Chocolate Chip Cookie
Week 2:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/20/18	Choice of: Chicken Nuggets PBJ Sandwich with Cheese & Crackers	Choice of: Stuffed Crust Pepperoni Pizza PBJ Sandwich with Cheese & Crackers	Choice of: Chicken Sandwich PBJ Sandwich with Cheese & Crackers	Choice of: Cheeseburger PBJ Sandwich with Cheese & Crackers	Choice of: Nacho Grande PBJ Sandwich with Cheese & Crackers
9/17/18	Served with: Broccoli & Cheese Fresh Celery	Served with: Corn Chilled Peaches	Served with: Stir Fry Vegetables Fresh Broccoli	Served with: Seasoned Fries Baked Beans *	Served with: Black Beans Romaine Lettuce & Diced Tomatoes
10/8/18	Romaine Lettuce Chilled Mandarin Oranges	Romaine Lettuce Fresh Cucumbers	Romaine Lettuce Chilled Pineapple	Romaine Lettuce & Sliced Tomatoes Fresh Apple Slices	Fresh Baby Carrots Fresh Cauliflower
11/12/18	Fresh Fruit Banana Bread *	Fresh Grapes Chilled Applesauce	Fresh Fruit Cheetos	Chilled Fruit Cocktail Chocolate Cake *	Chilled Pears Fresh Fruit
12/17/18					
Week 3:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/27/18	Choice of: Stuffed Crust Cheese Pizza PBJ Sandwich with Cheese & Crackers	Choice of: Mozzarella Sticks PBJ Sandwich with Cheese & Crackers	Choice of: Chicken Strips PBJ Sandwich with Cheese & Crackers	Choice of: Fiestada Pizza PBJ Sandwich with Cheese & Crackers	Choice of: Popcorn Chicken with Crackers PBJ Sandwich with Cheese & Crackers
9/24/18	Served with: Tater Tots Baked Beans *	Served with: Scalloped Potatoes * Steamed Edamame	Served with: Corn Fresh Baby Carrots	Served with: Cauliflower & Cheese Fresh Cherry Tomatoes	Served with: Potato Smiles Green Beans
10/22/18	Romaine Lettuce Fresh Celery Chilled Pears Fresh Orange Wedges	Romaine Lettuce Chilled Mandarin Oranges Fresh Baby Carrots Fresh Grapes	Romaine Lettuce Fresh Fruit Chilled Fruit Cocktail Cinnamon Roll *	Romaine Lettuce Fresh Baby Carrots Chilled Pineapple Mixed Berries	Romaine Lettuce Chilled Peaches Fresh Apple Slices Fresh Green Peppers
11/26/18					
Week 4:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/3/18	Choice of: French Toast Sticks and Sausage PBJ Sandwich with Cheese & Crackers	Choice of: Chicken Nuggets with Crackers PBJ Sandwich with Cheese & Crackers	Choice of: Spicy Popcorn Chicken with Garlic Toast PBJ Sandwich with Cheese & Crackers	Choice of: Dill Chicken PBJ Sandwich with Cheese & Crackers	Choice of: Cheeseburger PBJ Sandwich with Cheese & Crackers
10/1/18	Served with: Oven Potatoes Cinnamon Apples	Served with: Mashed Potatoes with Country Gravy * Fresh Baby Carrots	Served with: Black Beans Fresh Celery	Served with: Steamed Broccoli Fresh Red Peppers	Served with: Steamed Edamame Fresh Cauliflower
10/29/18	Romaine Lettuce Fresh Baby Carrots Chilled Peaches Chilled Fruit Cocktail	Romaine Lettuce Fresh Broccoli Fresh Fruit Rosy Applesauce	Romaine Lettuce Chilled Pineapple Fresh Grapes Chortles	Romaine Lettuce Chilled Pears Frozen Mangoes Biscuit	Romaine Lettuce Fresh Apple Slices Chilled Mandarin Oranges Sugar Cookie
12/3/18					

Welcome to School Lunch!!

Offered Daily
100% Juice
Milk

Menu is subject to change due to availability.

This institution is an equal opportunity provider.

Eat Smart
to Play Hard



Eat fruits & veggies
at meals & for snacks

Lunch Prices:	
Paid Student - Elementary	\$2.65
Paid Student - Secondary	\$2.80
Reduced Student	\$0.40
Free Student	\$0.00
Adult	\$3.70
Visitor	\$4.05



Fuel up
with foods
from each
food group

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.

No a la carte items may be purchased at this time. For more info visit <http://foodservices.smsd.org>