



# SHAWNEE MISSION

SCHOOL DISTRICT

## Arrowhead Day School Lunch Menu 1st Semester 2019-2020



as of 4/24/19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1:</b>	<b>Choice of:</b> BBQ Pork Sandwich Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Chicken Strips with Garlic Toast PBJ Sandwich	<b>Choice of:</b> Stuffed Crust Cheese Pizza Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Chicken & Waffles Cheeseburger PBJ Sandwich	<b>Choice of:</b> Nachos Spicy Chicken Sandwich PBJ Sandwich
<b>8/12/19</b>					
<b>9/9/19</b>	<b>Served with:</b> Baked Beans Green Leaf Lettuce	<b>Served with:</b> Mashed Potatoes with Chicken Gravy Green Beans	<b>Served with:</b> Potato Smiles Roasted Vegetables	<b>Served with:</b> Oven Potatoes Glazed Carrots	<b>Served with:</b> Refried Beans Fresh Red Peppers
<b>10/7/19</b>					
<b>11/4/19</b>	Fresh Baby Carrots Chilled Pears	Green Leaf Lettuce Fresh Grapes	Green Leaf Lettuce Fresh Fruit	Fresh Cauliflower Green Leaf Lettuce	Green Leaf Lettuce Fresh Apple Slices
<b>12/9/19</b>	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
<b>Week 2:</b>	<b>Choice of:</b> Chicken Nuggets with Banana Bread Cheeseburger PBJ Sandwich	<b>Choice of:</b> Stuffed Crust Pepperoni Pizza Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Cheese Lasagna with Garlic Toast Cheeseburger PBJ Sandwich	<b>Choice of:</b> Corn Dog Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Fiestada Pizza PBJ Sandwich
<b>8/19/19</b>					
<b>9/16/19</b>	<b>Served with:</b> Mashed Potatoes with Country Gravy Broccoli & Cheese	<b>Served with:</b> Corn Green Leaf Lettuce	<b>Served with:</b> Tater Tots Stir Fry Vegetables	<b>Served with:</b> Seasoned Fries Baked Beans	<b>Served with:</b> Potato Smiles Green Leaf Lettuce
<b>10/14/19</b>					
<b>11/11/19</b>	Fresh Celery Green Leaf Lettuce	Fresh Cucumbers Fresh Grapes	Fresh Broccoli Green Leaf Lettuce	Green Leaf Lettuce & Sliced Tomatoes Fresh Apple Slices	Fresh Cherry Tomatoes Fresh Baby Carrots
<b>12/16/19</b>	Chilled Mandarin Oranges Fresh Fruit	Chilled Applesauce Cheetos	Chilled Pineapple Fresh Fruit	Chilled Fruit Cocktail Chocolate Cake	Chilled Pears Fresh Fruit
<b>Week 3:</b>	<b>Choice of:</b> BBQ Rib Sandwich Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Mozzarella Sticks Cheeseburger PBJ Sandwich	<b>Choice of:</b> Chicken Strips with Cinnamon Roll PBJ Sandwich	<b>Choice of:</b> Nacho Grande Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Macaroni & Cheese with Garlic Toast Cheeseburger PBJ Sandwich
<b>8/26/19</b>					
<b>9/23/19</b>	<b>Served with:</b> Tater Tots Baked Beans	<b>Served with:</b> Scalloped Potatoes Steamed Broccoli	<b>Served with:</b> Mashed Potatoes with Chicken Gravy Corn	<b>Served with:</b> Seasoned Fries Fiesta Black Beans	<b>Served with:</b> Potato Smiles Green Beans
<b>10/21/19</b>					
<b>11/18/19</b>	Green Leaf Lettuce Fresh Celery Chilled Pears Fresh Orange Wedges	Green Leaf Lettuce Chilled Fruit Cocktail Fresh Baby Carrots Mixed Berries	Fresh Baby Carrots Chilled Fruit Lettuce Fresh Fruit Chilled Mandarin Oranges	Green Leaf Lettuce & Diced Tomatoes Fresh Baby Carrots Chilled Pineapple Fresh Grapes	Green Leaf Lettuce Chilled Peaches Fresh Apple Slices Fresh Green Peppers
<b>Week 4:</b>	<b>Choice of:</b> French Toast Sticks and Sausage Chicken Sandwich PBJ Sandwich	<b>Choice of:</b> Chicken Nuggets with Biscuit Cheeseburger PBJ Sandwich	<b>Choice of:</b> Walking Taco PBJ Sandwich	<b>Choice of:</b> Mandarin Orange Chicken with Rice Cheeseburger PBJ Sandwich	<b>Choice of:</b> Popcorn Chicken with Garlic Toast PBJ Sandwich
<b>9/2/19</b>					
<b>9/30/19</b>	<b>Served with:</b> Oven Potatoes Cinnamon Apples	<b>Served with:</b> Mashed Potatoes with Country Gravy Fresh Baby Carrots	<b>Served with:</b> Tater Tots Fiesta Black Beans	<b>Served with:</b> Seasoned Fries Steamed Edamame	<b>Served with:</b> Potato Smiles Fresh Celery
<b>10/28/19</b>					
<b>12/2/19</b>	Green Leaf Lettuce Fresh Baby Carrots Chilled Peaches Chilled Fruit Cocktail	Green Leaf Lettuce Fresh Broccoli Fresh Fruit Rosy Applesauce	Fresh Red Peppers Green Leaf Lettuce Chilled Pineapple Fresh Grapes	Fresh Cauliflower Green Leaf Lettuce Chilled Pears Frozen Mangoes	Green Leaf Lettuce Fresh Apple Slices Chilled Mandarin Oranges Sugar Cookie

## 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	\$2.70
Paid Student - Secondary	\$2.85
Reduced Student	\$0.40
Free Student	\$0.00
Adult	\$3.75
Visitor	\$4.10



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>

\*These items are only available with school meal and cannot be purchased a la carte.