

## Meal Prices

Breakfast		Lunch	
Grades K-5	\$1.40	Grades K-5	\$2.30
Grades 6-8	\$1.40	Grades 6-8	\$2.40
Grades 9-12	\$1.40	Grades 9-12	\$2.40
Adult	\$2.15	Adult	\$3.65
Extra Milk	\$0.35	Extra Milk	\$0.35

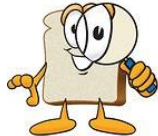
# November 2018

## Canton School District Breakfast & Lunch Menu



### Monday

Be a Food Label Detective:  
Make Sure to Choose Whole Grain



Look for "100% Whole Grain or Wheat" on packages of food like bread, cereal, and pasta.

### Tuesday



### Wednesday

\*Please\*  
remember to take  
at least  
½ cup fruit & or  
veggies for a well  
balance meal

### Thursday

**Sausage Pancake Stick** 1  
A. Beef & Cheese Burrito  
B. Chicken Nuggets  
C. Santa Fe Chicken Wrap  
  
A&B: Tortilla Chips  
Carrots

### Friday

**Long John Donut** 2  
A. Macaroni & Cheese  
w/Bread  
B. Pepperoni Pizza  
C. Turkey & Cheese Sub  
  
Green Beans

### Egg & Cheese Biscuit

 5

A. Turkey & Gravy  
B. Chicken Nuggets  
C. Ham & Cheese Sub

A&B: Bread  
Mashed Potatoes w/Gravy

### Glazed Donut

 6

A. Italian Dunker  
B. BBQ Meatball Sub  
C. Cold Cut Sub

Peas

### Breakfast Burrito

 7

A. Walking Taco  
w/Rice  
B. Pork Rib Sandwich  
C. Italian Sub

Corn

### Breakfast Sliders

 8

A. Spaghetti w/Meat Sauce  
w/Garlic Bread  
B. Chicken Wrap  
C. Ham & Cheese Sub

Green Beans

### Dutch Waffle

 9

A. Sloppy Joe  
B. Hot Dog on Bun  
C. Turkey & Cheese Sub

Baked Fries

### Cheesy Eggs & Toast

 12

A. Chicken Parmesan  
w/Pasta  
B. Cheese Pizza  
C. Ham & Cheese Sub

Peas

### French Toast Sticks

 13

A. Nachos Grande  
B. Meatballs w/Gravy  
C. Cold Cut Sub

A&B: Rice  
Green Beans

### Sausage & Cheese Biscuit

 14

A. Tater Tot Hotdish  
B. Chicken Sticks  
C. Ham & Cheese Sub

A&B: Bread  
Carrots

### Waffles

 15

A. Turkey w/ Dinner Roll  
B. Italian Sub

Cookie  
Green Bean Casserole  
Mashed Potatoes w/ Gravy

### Breakfast Pizza

 16

A. Cheesy Eggs  
w/French Toast Sticks  
B. Taco Quesadilla  
C. Turkey & Cheese Sub

Tater Tots

### Pancakes

 19

A. Grilled Turkey & Swiss  
B. Crispy Chicken Sandwich  
C. Ham & Cheese Sub

Coleslaw

### Breakfast Boat

 20

A. Ham & Scalloped Potatoes  
B. Chicken Nuggets  
C. Cold Cut Sub

A&B: Cinnamon Roll  
Corn

21

No School

22

Happy  
Thanksgiving!



23

No School

### Breakfast Pizza

 26

A. Hot Ham & Cheese  
B. Taco Fiesta Pizza  
C. Italian Sub

Green Peas

### Cheesy Eggs & Toast

 27

A. Tex-Mex Mac & Cheese  
w/Bread  
B. Mini Corn Dogs  
C. Cold Cut Sub

Corn

28

### French Toast Stick

A. Chicken Fajita Flatbread  
B. Italian Meatball Sub  
C. Ham & Cheese Sub

Carrots

### Egg & Cheese Biscuit

 29

A. Chicken & Noodles  
w/Bread  
B. Pizza Calzone  
C. Turkey & Cheese Sub

Green Beans

### Cinnamon Roll

 30

A. Grilled Cheese Sandwich  
B. Breaded Fish Sandwich  
C. Ham & Cheese Sub

Baked Fries



### Breakfast Choices Offered Daily

- 100% Juice and Fruit
- Breakfast Entrée
- Cereal & Bread/Toast
- Choice of Milk



### Daily Lunch Menu Includes

- Choice of A, B or C Entrées
- Fruit & Vegetable Bar
- Choice of Milk