

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

September 2018

Canton School District Breakfast & Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

No School

3

Chocolate Filled Crescent

4

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

Peas

French Toast Sticks

5

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

A&B: Rice
Green Beans

Sausage & Cheese Biscuit

6

- A. BBQ Chicken Sandwich
- B. Breaded Pork Fritter w/Bread
- C. Italian Sub

Mashed Potatoes w/Gravy

Waffles

7

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

A&B: Bread
Carrots

Pancakes

10

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

Coleslaw

Cheesy Egg & Toast

11

- A. Chicken Enchilada
- B. Chicken Nuggets
- C. Cold Cut Sub

A&B: Cinnamon Roll
Corn

Sausage Pancake Stick

12

- A. Super Mexi Tots w/Bread
- B. Chicken Wrap
- C. Italian Sub

Carrots

Cinnamon Roll

13

- A. Cheesy Chicken Penne
- B. Cheeseburger
- C. Ham & Cheese Sub

Peas

Long John Donut

14

- A. Cowboy Cavatini w/Bread
- B. Pepperoni Pizza
- C. Turkey & Cheese Sub

Corn

Breakfast Pizza

17

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

Corn

Cheesy Eggs & Toast

18

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

Green Beans

French Toast Stick

19

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

Carrots

Egg & Cheese Biscuit

20

- A. Chicken & Noodles w/Bread
- B. Stuffed Crust Pizza
- C. Turkey & Cheese Sub

Green Beans

Cinnamon Roll

21

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

Baked Fries

Pancakes

24

- A. Goulash w/Breadstick
- B. Cheeseburger
- C. Ham & Cheese Sub

Green Beans

Breakfast Pizza

25

- A. Grilled Ham & Cheese
- B. Crispy Chicken Sandwich
- C. Cold Cut Sub

Baked Beans

Waffles

26

- A. Tangerine Chicken w/Rice
- B. Corn Dog
- C. Italian Sub

Broccoli

Sausage Pancake Stick

27

- A. Beef & Cheese Burrito
- B. Chicken Nuggets
- C. Santa Fe Chicken Wrap

A&B: Tortilla Chips
Carrots

Long John Donut

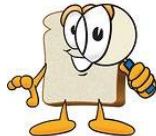
28

- A. Macaroni & Cheese w/Bread
- B. Pepperoni Pizza
- C. Turkey & Cheese Sub

Green Beans



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.

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

**Fill Up & Fuel Up
at the
Unlimited Fruit & Vegetable Bar**



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