

Meal Prices

Breakfast		Lunch	
Grades K-5	\$1.40	Grades K-5	\$2.20
Grades 6-8	\$1.40	Grades 6-8	\$2.30
Grades 9-12	\$1.40	Grades 9-12	\$2.30
Adult	\$1.65	Adult	\$3.40

January 2017

Canton School District Breakfast & Lunch Menu



Monday

Are You Hungry...All Lunch Meals Include a Nutrient Packed Fruit and Vegetable Bar.
Eat Your 5 servings Everyday!



Tuesday

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.

Wednesday

Thursday

Friday

Pancakes 9

- A. Italian Pasta Bake w/Breadstick
- B. Cheeseburger
- C. Ham & Cheese Sub

Green Beans

Breakfast Pizza 10

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

Baked Beans

Long John Donut 11

- A. Macaroni & Cheese w/Bread
- B. Corn Dog
- C. Italian Sub

Peas

Sausage Pancake Stick 12

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

A&B: Tortilla Chips
Carrots

Waffles 13

- A. Ham & Scalloped Potatoes w/Bread
- B. Pepperoni Pizza
- C. Turkey & Cheese Sub

Green Beans

16

No School

Glazed Donut 17

- A. Italian Dunker w/Tortilla Chips
- B. BBQ Meatball Sub
- C. Cold Cut Sub

Peas

Dutch Waffle 18

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

Corn

Breakfast Sliders 19

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

Green Beans

Breakfast Pizza 20

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

Baked Fries

Cheesy Eggs & Toast 23

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

Peas

French Toast Sticks 24

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

A&B: Rice
Green Beans

Sausage & Cheese Biscuit 25

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

Mashed Potatoes w/Gravy

Waffles 26

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

A&B: Bread
Carrots

Breakfast Pizza 27

- A. Pizzaburger
- B. Taco Quesadilla
- C. Turkey & Cheese Sub

Baked Fries

Pancakes 30

- A. Beef & Cheese Burrito
- B. Crispy Chicken Sandwich
- C. Ham & Cheese Sub

Green Beans

Long John Donut 31

- A. Chili w/Corn Chips
- B. Chicken Nuggets
- C. Cold Cut Sub

Cinnamon Roll
Corn



Dairy Benefits:

- Brain Development
- Strong Bones/Teeth
- Sports Recovery
- Disease Prevention
- Maintain Strong Muscles & Bones



For more info visit:
www.midwestdairy.com

Breakfast Choices Offered Daily

- Fruit & 100% Juice
- Breakfast Entrée
- WG Cereal
- Whole Grain Bread/Toast
- Low-Fat, Skim Strawberry & Skim Chocolate Milk

Lunch Choices Offered Daily

- "A", "B", or "C" Entrees
- Fruit & Vegetable Bar
- Low-Fat, Skim Strawberry & Skim Chocolate Milk



CBM is an equal opportunity provider and employer.