

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

May 2017

Canton School District Breakfast & Lunch Menu



Monday



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

Dairy Benefits:

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



Thursday

Friday

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



Egg & Cheese Biscuit 1

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

A&B: Bread
Mashed Potatoes w/Gravy

Glazed Donut 2

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

Peas

Dutch Waffle 3

- A. Walking Taco
- B. Pork Rib Sandwich
- C. Italian Sub

Corn

Breakfast Sliders 4

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

Green Beans

Breakfast Pizza 5

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

Baked Fries

Cheesy Eggs & Toast 8

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

Peas

French Toast Sticks 9

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

A&B: Rice
Green Beans

Sausage & Cheese Biscuit 10

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

Mashed Potatoes w/Gravy

Waffles 11

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

A&B: Bread
Carrots

Breakfast Pizza 12

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

Baked Fries

Pancakes 15

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

Green Beans

Long John Donut 16

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

Cinnamon Roll
Corn

Sausage Pancake Stick 17

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

Carrots

Cinnamon Roll 18

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

Peas

Glazed Donut 19

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

Corn

Breakfast Pizza 22

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

Peas

23

1/2 Day
No Lunch



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.