

Canyon School Lunch Menu – January 2012

\$2.75 per lunch, \$3.50 per adult lunch

(milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
2 – No School	3 Fettuccine Alfredo	4 Pot Stickers Rice Broccoli Green Salad Fresh Fruit Organic Yogurt	5 Chicken or Veggie Tacos Refried Beans Corn Green Salad Fresh Fruit	6 – All School Ice Skating Trip – Bag Lunches Sunflower Seed Nut Butter & Jam Sandwiches Carrot Sticks Fruit Cup, Cookie Juice Box
9 Chicken or Veggie Stir Fry Rice Steamed Carrots Green Salad Organic Yogurt Fresh Fruit	10 Grilled Chicken Mashed Sweet Potatoes Broccoli Green Salad Fresh Fruit	11 Wonton Soup Rice Green Peas Green Salad Fresh Fruit Peach Crisp	12 Grilled Chicken Or Vegetarian Sandwiches Organic Yogurt Green Salad Fresh Fruit Pear Crisp	13 French Toast Scrambled Eggs Chicken Apple Sausage Green Peas Fresh Fruit
16 MLK Jr. Day No School	17 BBQ Chicken Corn Biscuits Green Salad Fresh Fruit Organic Yogurt	18 Tomato Soup Grilled Cheese Sandwich Green Peas Green Salad Fresh Fruit	19 Cheese Tortellini Garlic Bread Spinach Green Salad Fresh Fruit	20 Cheeseburger or Vegetarian Burger French Fries Broccoli Green Salad Fresh Fruit
23 Meat or Vegetarian Spaghetti Garlic Bread Spinach Green Salad Fresh Fruit	24 Chicken or Vegetarian Noodle Soup Biscuits Green Beans Green Salad Fresh Fruit	25 Meat or Vegetarian Lasagna Garlic Bread Green Peas Fresh Frit Organic Yogurt Green Salad	26 Pesto or Plain Pasta Garlic Bread Corn Green Salad Fresh Fruit	27 Baked Potato Bar Broccoli Green Salad Fresh Fruit Organic Yogurt
30 Pot Stickers Rice Broccoli Green Salad Organic Yogurt Fresh Fruit	31 Meat Loaf Mashed Sweet Potatoes Green Peas Green Salad Fresh Fruit			

Organic milk is offered with every lunch. All chicken and beef used is either organic or antibiotic and hormone free. We use whole grain products whenever possible.

Please purchase a lunch card (20 lunches) for your child for \$55!

Canyon School is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Canyon School is part of the National School Lunch Program.