

Canyon School Lunch Menu January 2018
 \$3.00 per lunch, \$3.75 per adult lunch
 (milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Pesto Pasta Garlic Bread Corn Green Salad Fruit	3 Meatloaf Brown Rice Green Beans Green Salad Fruit Apricot Crisp	4 Enchiladas Verde (Chicken & Cheese or Cheese Enchiladas with green tomatillo sauce) Black Beans Broccollette Green Salad Fruit	5 Alphabet Soup Biscuit Carrots Green Salad Fruit
8 Spaghetti with meat or vegetarian sauce Garlic Bread Squash Green Salad Fruit	9 Tortilla Soup Taco Salad with or without Ground Turkey Tortillas Refried Beans Fruit	10 Meat or Vegetarian Lasagna Garlic Bread Broccollette Green Salad Fruit	11 Rosemary Chicken Brown Rice Carrots Green Salad Fruit	12 Chicken or Vegetarian Stir Fry Brown Rice Corn Green Salad Fruit
15 M.L.King, Jr. Day No School	16 Fettuccine Alfredo Garlic Bread Carrots Green Salad Fruit	17 Sloppy Joe Broccollette Green Salad Fruit Honey Yogurt	18 Chicken & Cheese or Cheese Quesadilla Refried Beans Corn Green Salad Fruit	19 Pot stickers Brown Rice Green Beans Green Salad Fruit Honey Yogurt
22 Pasta With or without Shrimp Garlic Bread Squash Green Salad Fruit	23 Chicken or Vegetable Noodle Soup Garlic Bread Corn Green Salad Fruit	24 BBQ Chicken Mashed Potatoes Green Beans Garlic Bread Green Salad Fruit	25 Crispy Won Tons Brown Rice Carrots Green Salad Fruit	26 Pancakes Chicken Apple Sausage Roasted Potatoes Broccollette Fruit
29 Staff Development – No School	30 Won Ton Soup Brown Rice Carrots Green Salad Fruit	31 Beef or Vegetarian Chili Corn Bread Broccollette Green Salad 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 \$60!

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