

Canyon School Lunch Menu – October 2018

\$3.00 per lunch, \$3.75 per adult lunch

(milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Southwestern Chicken or Vegetarian Soup Garlic Bread Corn Green Salad Fruit	2 Spaghetti with Vegetarian Marinara Garlic Bread Green Peas Green Salad Fruit Honey Yogurt	3 Cheese Tortellini Garlic Bread Broccoli Green Salad Fruit	4 Sloppy Joes Carrots Green Salad Fruit Honey Yogurt	5 Pancakes Chicken Apple Sausages Broccoli Potato Wedges Fruit
8 Alphabet Soup Whole Grain Crackers Corn Green Salad Fruit	9 Chicken and Cheese or Cheese Quesadilla Refried Beans Broccoli Green Salad Fruit	10 Beef or Vegetarian Chili Cornbread Broccoli Green Salad Fruit	11 Pesto Chicken Brown Rice Green Beans Green Salad Fruit	12 K-1-2 Field Trip <b><u>Lunch Served at 11:45 a.m.</u></b> Won Ton Soup Brown Rice Carrots Green Salad Fruit
15 Staff Development  No School	16 Pesto Pasta Garlic Bread Broccoli Green Salad Fruit	17 Potato Leek Soup With or without bacon Garlic Bread Green Beans Green Salad Fruit	18 Asian Salad with or without Chicken Plain Noodles Carrots Fruit Honey Yogurt	19 Chicken or Cheese Enchiladas (Enchiladas Verde) Refried Beans Corn Green Salad Fruit
22 Creamy Pasta with or without Shrimp Garlic Bread Carrots Green Salad Fruit	23 Taco Salad with or without Chicken Flour or Corn Tortilla Black Beans Corn Fruit Honey Yogurt	24 Macaroni & Cheese Garlic Bread Broccoli Green Salad Fruit	25 Fried Chicken Grits Collard Greens Green Salad Fruit	26 Oatmeal Chicken Apple Sausage Cheese Frittata Potato Wedges Fruit
29 Minimum days/parent conferences  Spaghetti with Meat or Vegetarian Marinara Garlic Bread Zucchini Green Salad Fruit	30 Minimum days /parent conferences  Pot Stickers Brown Rice Carrots Green Salad Fruit	31 out at 1:35 Parent Conferences  Meat Loaf Mashed Potatoes Garlic Bread Green Beans Green Salad Fruit	1 <b><u>Reverse Minimum day/parent conferences 11 a.m. to 3:00</u></b>  Meat or Vegetarian Lasagna Garlic Bread Broccoli Green Salad Fruit	2 Minimum Days/Parent conferences  Chicken or Vegetarian Noodle Soup Garlic Bread Corn 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.