






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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <u>Reverse Minimum Day/parent conferences 11 a.m. to 3:00</u>	2 Minimum Days/Parent conferences
			Meat or vegetarian Lasagna Garlic Bread Broccoli Green Salad Fruit	Chicken or Vegetarian Noodle Soup Garlic Bread Corn Green Salad Fruit
5	6 K-1-2 field trip need bag lunches	7	8 345 field trip need bag lunches	9
Fettuccine Alfredo Garlic Bread Carrots Green Salad Fruit	Teriyaki Meatballs (with mild or spicy sauce) Brown Rice Broccoli Green Salad Fruit	Crispy Won Tons Brown Rice Green Beans Green Salad Fruit	Taco Salad w/o w/out Chicken Corn/flour tortillas Refried Beans Fruit Honey Yogurt	Pancakes Cheese Frittata Chicken Apple Sausage Potato Wedges Fruit
12 Veteran's day – no school	13	14	15	16 345 Field trip – need bag lunches
	Creamy Pasta w/or w/out Shrimp Garlic Bread Carrots Green Salad Fruit	Macaroni & Cheese Garlic Bread Broccoli Green Salad Fruit	Chicken or Cheese Enchilada (Verde) Black Beans Corn Green Salad Fruit	Tomato Soup Grilled Cheese Sandwich Broccoli Green Salad Fruit
19	20		22	23
Thanksgiving Week Break 				
26	27	28	29 345 field trip need bag lunches	30
Alphabet Soup Biscuits Carrots Green Salad Fruit	Chicken & Cheese or Cheese Quesadilla Black Beans Corn Green Salad Fruit	BBQ Chicken Garlic Bread Mashed Potatoes Green Beans Green Salad Fruit	Hawaiian Chicken Brown Rice Broccoli Green Salad Fruit	Meat or Vegetarian Chili Corn Bread Broccoli 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.