

Canyon School Lunch Menu January 2019

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

(Milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
7 Alphabet Soup or Chicken Soup Biscuit Carrots Green Salad Fruit	8 Pesto Chicken Brown Rice Green Beans Green Salad Fruit	9 Crispy Won Tons Brown Rice Broccoli Green Salad Fruit	10 Chicken/Cheese Quesadilla Refried Beans Corn Green Salad Fruit	11 Pancakes Cheesy Eggs Potato Wedges Chicken Apple Sausage Broccoli Fruit
14 Spaghetti with Meat or Vegetarian Marinara Garlic Bread Zucchini Green Salad Fruit	15 Taco Salad with or without Chicken Corn/Flour Tortilla Black Beans Corn Fruit Honey Yogurt	16 Meat or Vegetarian Lasagna Garlic Bread Broccoli Green Salad Fruit	17 678 Field trip need bag lunch	18 Sloppy Joe Carrots Green Salad Fruit Honey Yogurt
21 Martin Luther King, Jr. Day No School	22 Pasta with or without Shrimp Garlic Bread Corn Green Salad Fruit	23 Asian Salad with or without Chicken Broccoli Fruit Honey Yogurt	24 Chicken Teriyaki Meatballs Brown Rice Carrots Green Salad Fruit	25 Meat/Vegetarian Chili Corn Bread Broccoli Green Salad Fruit
28 Staff Development Day – No school	29 Fettuccine Alfredo Garlic Bread Zucchini Green Salad Fruit	30 BBQ Chicken Mashed Potatoes Green Beans Green Salad Fruit	31 Won Ton Soup Garlic Bread Carrots Green Salad Fruit Honey Yogurt	Feb 1 French Toast Chicken Apple Sausage Broccoli Fruit Honey Yogurt

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.