

Canyon School Lunch Menu March 2019
 \$3.00 per lunch, \$3.75 per adult lunch
(Milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Alphabet Soup Biscuit Corn Green Salad Fruit
4 Vegetable Chow Mein with or without Shrimp Brown Rice Broccoli Green Salad Fruit	5 Won Ton Soup Brown Rice Corn Green Salad Fruit Pear Chris	6 Cheese Tortellini Garlic Bread Broccoli Green Salad Fruit	7 Meatloaf Mashed Potatoes Green Beans Green Salad Fruit	8 Fish Sticks Brown Rice Carrots Green Salad Fruit
11 – staff development	12 345 field trip bag lunches Pesto Pasta Garlic Bread Carrots Green Salad Fruit	13 Pot Stickers Brown Rice Broccoli Green Salad Fruit	14 Chicken & Cheese or Cheese Quesadilla Refried Beans Corn Green Salad Fruit	15 Oatmeal Cheesy Eggs Sausage Potato Wedges Broccoli Fruit
18 Spaghetti with Meat or Vegetarian Sauce Garlic Bread Green Peas Green Salad Fruit	19 Lemon Chicken Brown Rice Broccoli Green Salad Fruit	20 Crispy Won Tons Brown Rice Spinach Green Salad Fruit	21 Meat or Vegetarian Lasagna Garlic Bread Green Beans Green Salad Fruit	22 Chicken or Vegetarian Noodle Soup Garlic Bread Corn Green salad Fruit
25 Fettuccine Alfredo Garlic Bread Zucchini Green Salad Fruit	26 – K12 Field Trip Chicken or Vegetarian Fajitas Flour or Corn Tortillas Pinto Beans Corn Green Salad Fruit	27 Tomato Soup Grilled Cheese Sandwich Green Beans Green Salad Fruit	28 – Women's History Night Pancakes Cheese Eggs Sausage Potato Wedges Broccoli Fruit	29 – Minimum day Almond Butter & Honey on Wheat Bread Sandwich Raw carrot Fruit cup Raisins 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.