






Canton Public School District K-5 Menu

Lunch Consist of: 1 Entree , 1/2c Fruit,
1/2c Vegetable, 1 Bread, 1/2pt Milk



October 2017

Entrée Chef Salads Offered Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bar-B-Que Chicken Sandwich Seasoned Potato Wedges Broccoli w/ Cheese Fruit Cocktail Fresh Pears Milk Choice	2 Hot Wings Whole Kernel Corn Mixed Greens Cornbread Tropical Fruit Fresh Strawberries Milk Choice	3 Chicken Fajita w/ Salsa Sweet Potato Wedges Seasoned Pinto Beans Green Salad/Dressing Pineapple Tidbits Fresh Grapes Milk Choice	4 Pizza Oven Baked Fries Mixed Vegetables Pineapple Tidbits Fresh Plums Milk Choice	5 Breaded Chicken Sandwich Sandwich Trimming Seasoned Green Beans California Vegetables Strawberry Cup Fresh Apples Milk Choice
9 	Italian Day 10  Spaghetti & Meatballs Seasoned Green Beans Steamed Carrots Garlic Bread Diced Peaches Fresh Apples Milk Choice	Chinese Day 11  Mandarin Chicken over Rice Lima Beans Tomato/Cucumber Salad Whole Grain Roll Pear Halves Orange Wedges Milk Choice	Mexican Day 12  Beef Soft Taco Taco Trimming w/salsa Mexican Corn Fruit Cocktail Fresh Grapes Milk Choice	Mississippi Day 13  Oven Fried Catfish Macaroni and Cheese Field Peas Cole Slaw/Cornbread Mandarin Oranges Fresh Fruit Choice Milk Choice
16 Chicken Tenders Potatoes w/cheese Seasoned Green Beans Whole Grain Roll Diced Pears Sliced Apples Milk Choice	17 Baked Corn Dog Glazed Carrots W K Corn Pineapple Tidbits Fresh Fruit Milk Choice	18 BBQ Rib Sandwich Baked Beans Baked Fries Asst. Vegetable Juice Mixed Vegetable Juice Fresh Fruit Milk Choice	19 Cheesy Chicken over Rice Steamed Spinach Lima Beans Whole Grain Roll Fresh Grapes Pear Halves Milk Choice	20 Hamburger Baked Beans Baked Potato Wedges Fruit Freeze Fresh Fruit Milk Choice
23 Chicken Nuggets Broccoli Cheese Rice Casserole Pinto Beans Whole Grain Roll Tropical Fruit Apple Slices Milk Choice	24 Beef Vegetable Soup Steamed Broccoli Glazed Carrots Cornbread & Block Cheese Pineapple Tidbits Fresh Pears Milk Choice	25 Pizza W K Corn Green Peas Garden Salad Fruit Cocktail Orange Wedges Milk Choice	26 Baked Lemon Pepper Chicken Potatoes w/ Cheese Mixed Greens Cornbread Diced Peaches Fresh Grapes Milk Choice	27 Philly Cheese Steak Hoagie Sandwich Trimming Baked Fries Seasoned Green Beans Blushing Applesauce Fresh Banana Milk Choice
30 Hamburger Steak w/ Gravy Mashed Potatoes Steamed Spinach Whole Grain Roll Sliced Peaches Slice Apples Milk Choice	31 Chicken Spaghetti Steamed Broccoli Yam Patty Whole Grain Roll Mixed Fruit Orange Wedges Milk Choice	NATIONAL SCHOOL LUNCH WEEK Kids need a healthy lunch to get energized for their favorite after-school sports and activities! October 9-13 is National School Lunch Week and to celebrate, we are featuring a powerful protein entrée each day: Spaghetti w/ Meatballs, Mandarin Chicken Over Rice, Beef Soft Taco, Oven Fried Catfish OCTOBER 9-13, 2017		

(THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER)