






Canton Public School District 9-12 Menu



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

**Entrée Chef Salads
Offered Daily**

October 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bar-B-Que Chicken Sandwich Tuna Salad w/ Crackers Seasoned Potato Wedges Broccoli w/ Cheese Fruit Cocktail Fresh Pears Milk Choice	2 Hot Wings Chili Dog Whole Kernel Corn Mixed Greens Cornbread Tropical Fruit Fresh Strawberries Milk Choice	3 Chicken Fajita w/ Salsa Ham & Cheese Sandwich Seasoned Pinto Beans Sweet Potato Fries Green Salad/Dressing Pineapple Tidbits Fresh Grapes Milk Choice	4 Pizza Mini Hot Dogs(2) Oven Baked Fries Mixed Vegetables Pineapple Tidbits Fresh Plums Milk Choice	5 Breaded Chicken Sandwich Hamburger Sandwich Trimming Seasoned Green Beans California Vegetables Strawberry Cup Fresh Apples Milk Choice
9 	<i>Italian Day</i> 10 Spaghetti & Meatballs Corndog  Seasoned Green Beans Steamed Carrots Garlic Bread Diced Peaches Fresh Apples Milk Choice	<i>Chinese Day</i> 11 Mandarin Chicken over Rice Spicy Chicken  Lima Beans Tomato/Cucumber Salad Whole Grain Roll Pear Halves Orange Wedges Milk Choice	<i>Mexican Day</i> 12 Beef Soft Taco Fruit & Yogurt Plate  Taco Trimming w/salsa Mexican Corn Fruit Cocktail Fresh Grapes Milk Choice	<i>Mississippi Day</i> 13 Oven Fried Catfish Sloppy Joe on Bun  Macaroni and Cheese Field Peas Cole Slaw/Cornbread Mandarin Oranges Fresh Fruit Choice Milk Choice
16 Chicken Tenders Quesadilla w/ Salsa Potatoes w/cheese Seasoned Green Beans Whole Grain Roll Diced Pears Sliced Apples Milk Choice	17 Baked Corn Dog Grilled Chicken Sandwich Glazed Carrots W K Corn Pineapple Tidbits Fresh Fruit Milk Choice	18 BBQ Rib Sandwich Turkey & Cheese Sandwich Baked Beans Baked Fries Asst. Vegetable Juice Mixed Fruit Fresh Fruit Milk Choice	19 Cheesy Chicken over Rice Corndog Steamed Spinach Lima Beans Whole Grain Roll Fresh Grapes Pear Halves Milk Choice	20 Cheeseburger Chicken Salad w/ Crackers Sandwich Trimming Baked Beans Baked Potato Wedges Fruit Freeze Fresh Fruit Milk Choice
23 Chicken Nuggets Tuna Salad w/ Crackers Broccoli Cheese Rice Casserole Pinto Beans Whole Grain Roll Tropical Fruit Apple Slices Milk Choice	24 Beef Vegetable Soup Burrito w/ Salsa Steamed Broccoli Glazed Carrots Cornbread & Block Cheese Pineapple Tidbits Fresh Pears Milk Choice	25 Asst. Pizza Ham & Cheese Sandwich W K Corn Green Peas Garden Salad Fruit Cocktail Orange Wedges Milk Choice	26 Baked Lemon Pepper Chicken Hotdog on Bun Potatoes w/ Cheese Mixed Greens Cornbread Diced Peaches Fresh Grapes Milk Choice	27 Philly Cheese Steak Hoagie Turkey & Cheese Sandwich Sandwich Trimming Baked Fries Seasoned Green Beans Blushing Applesauce Fresh Banana Milk Choice
30 Hamburger Steak w/ Gravy Tuna Salad w/ Crackers Mashed Potatoes Steamed Spinach Whole Grain Roll Sliced Peaches Slice Apples Milk Choice	31 Chicken Spaghetti Ham & Cheese Sandwich Steamed Broccoli Yam Patty Whole Grain Roll Mixed Fruit Orange Wedges Milk Choice	<p>NATIONAL SCHOOL LUNCH WEEK</p> <p>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: <i>Spaghetti w/ Meatballs, Mandarin Chicken Over Rice, Beef Soft Taco, Oven Fried Catfish</i></p> <p>OCTOBER 9-13, 2017</p>		