

# November 2016

## CANTON UNION SCHOOL DISTRICT

### K-4 Lunch Menu



**Farm Fresh Produce**  
 featuring... **Sweet Potatoes**  
 Sweet potatoes are high in vitamin C.  
 Did you know vitamin C helps our body  
 absorb iron?

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch \$2.00</b>                      (Milk included with meal)</p> <p><b>Milk 50¢</b>                      Offered Daily:                      Fat Free Flavored                      Fat Free White                      1% White</p>	<p><b>1</b> ZESTY ITALIAN CASSEROLE                      OR CHEESEBURGER                      OR *HAM CHEF SALAD                      OVEN FRIES                      BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p><b>2</b> CHICKEN NUGGETS**                      OR SALISBURY STEAK**                      OR TURKEY DELI                      MASHED POTATOES                      TINY TOMATOES</p> <p>FRUIT CHOICE</p>	<p><b>3</b> <b>COOKIE TREAT</b>                      BURRITO W/SALSA                      OR BBQ CHICKEN SANDWICH                      OR CRISPY CHICKEN SALAD                      GARDEN PEAS                      GLAZED CARROTS</p> <p>FRUIT CHOICE</p>	<p><b>4</b> PRETZEL W/HOMEMADE                      CHEESE SAUCE                      OR CHICKEN ALFREDO BAKE                      OR AMERICAN SUB                      MIXED VEGETABLES                      BABY CARROTS                      FRUIT CHOICE</p>
<p><b>7</b> POPCORN CHICKEN**                      OR TOASTED CHEESE                      SANDWICH                      OR AMERICAN SUB                      SEASONED POTATO WEDGES                      TINY TOMATOES</p> <p>FRUIT CHOICE</p>	<p><b>8</b> <b>LUCKY TRAY DAY</b>                      CHICKEN &amp; NOODLES                      OR *PEPPERONI PIZZA                      OR TURKEY DELI                      BABY CARROTS                      GOLDEN CORN</p> <p>FRUIT CHOICE</p>	<p><b>9</b> FRENCH TOAST STICKS                      W/SYRUP                      OR CORN DOG                      OR FRUIT YOGURT W/MUFFIN                      CHILLED CUCUMBER                      POTATO PUFFS</p> <p>FRUIT CHOICE</p>	<p><b>10</b> PIZZA DIPPERS                      OR SPAGHETTI                      W/MEAT SAUCE**                      OR *HAM CHEF SALAD                      GREEN BEANS                      CHILLED CUCUMBER</p> <p>FRUIT CHOICE</p>	<p><b>11</b> WAFFLES &amp; *SAUSAGE                      OR CHEESEBURGER                      OR BUFFALO CHICKEN WRAP  <b>SWEET POTATO PUFFS</b>                      BROCCOLI BUDS</p> <p>FRUIT CHOICE</p>
<p><b>14</b> CHILI W/BEANS &amp; CRACKERS                      OR SOFT TACOS                      OR CRISPY CHICKEN SALAD                      GLAZED CARROTS                      BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p><b>15</b> CHICKEN TENDERS**                      OR HAMBURGER PONY SHOE                      OR SUNBUTTER APPLE WRAP                      OVEN FRIES                      BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p><b>16</b> FIESTA NACHOS                      OR CRISPY CHICKEN                      SANDWICH                      OR *HAM &amp; CHEESE DELI                      BROCCOLI BUDS                      GOLDEN CORN</p> <p>FRUIT CHOICE</p>	<p><b>17</b> <b>LUCKY TRAY DAY</b>                      WAFFLES &amp; *SAUSAGE                      OR MINI CORN DOGS                      OR BUFFALO CHICKEN WRAP                      POTATO WEDGES                      BROCCOLI BUDS</p> <p>FRUIT CHOICE</p>	<p><b>18</b> MACARONI &amp; CHEESE**                      OR HOT DIGGITY DOG                      OR CHICKEN RANCH WRAP                      POTATO PUFFS                      BAKED BEANS</p> <p>FRUIT CHOICE</p>
<p><b>21</b> <b>COOKIE TREAT</b>                      POPCORN CHICKEN**                      OR BBQ *RIB SANDWICH                      OR FRUIT YOGURT W/MUFFIN                      CHILLED CUCUMBER                      GOLDEN CORN</p> <p>FRUIT CHOICE</p>	<p><b>22</b> PIZZA DIPPERS                      W/TOMATO BASIL SAUCE                      OR CRISPY CHICKEN SANDWICH                      OR *HAM &amp; CHEESE DELI                      POTATO PUFFS                      GREEN BEANS</p> <p>FRUIT CHOICE</p>	<p><b>23</b></p> <p>NO SCHOOL</p>	<p><b>24</b></p> <p>HAPPY THANKSGIVING                      NO SCHOOL</p>	<p><b>25</b></p> <p>NO SCHOOL</p>
<p><b>28</b> CORN DOG                      OR CHEESE PIZZA                      OR TACO SALAD**                      BAKED BEANS                      CHILLED CUCUMBER</p> <p>FRUIT CHOICE</p>	<p><b>29</b> ZESTY ITALIAN CASSEROLE                      OR CHEESEBURGER                      OR *HAM CHEF SALAD                      OVEN FRIES                      BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p><b>30</b> <b>LUCKY TRAY DAY</b>                      CHICKEN NUGGETS**                      OR SALISBURY STEAK**                      OR TURKEY DELI  <b>MASHED SWEET POTATOES</b>                      TINY TOMATOES</p> <p>FRUIT CHOICE</p>		

**Available Daily**  
 Variety of fresh fruits &  
 vegetables from the  
**Fruit & Veggie Bar**

Broccoli Buds, Baby Carrots,  
 Cucumbers, Beans,  
 Tiny Tomatoes, Lettuce, Salsa,  
 Pickles, Beets,  
 Fresh Fruit & Canned Fruit

**Fruit & Veggies with EVERY meal!**

**Students may take:**  
**3 servings of Vegetables**  
 &  
**1 serving of Fruit**  
 with every meal!

**Questions**  
 Call Kyle Nelson  
 Food Service Director  
 309-647-8731

Menu changes may be necessary. Notice will be given when possible.  
 A comprehensive Nutrition & Allergy Guide  
 is available in the Food Service Office.

For more information  
 or to "Ask the Dietitian",  
 check out our website!

(\*) Contains Pork

(\*\*) Offered with Sliced Bread