

November

2016

CANTON UNION SCHOOL DISTRICT HIGH SCHOOL Lunch Menu

arbor Management Inc.



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>Lunch \$2.25 (Milk included with meal)</p> <p>Milk 50¢ Offered Daily: Fat Free Flavored Fat Free White 1% White</p> | <p>1 SPECIAL SELECTION DELI SANDWICH MADE TO ORDER W/ FRESH BAKED BREAD OR MINI CORN DOGS OR *HAM CHEF SALAD OVEN FRIES BABY CARROTS FRUIT CHOICE</p> | <p>2 BREAKFAST FOR LUNCH OR SPICY CHICKEN SANDWICH OR BUFFALO CHICKEN WRAP POTATO PUFFS</p> <p>FRUIT CHOICE</p> | <p>3 MEATBALL SUB OR BEEF & BEAN BURRITO OR TURKEY BACON WRAP MASHED POTATOES W/GRAVY BROCCOLI BUDS FRUIT CHOICE</p> | <p>4 CHICKEN PARMESAN W/SEASONED PASTA** OR *RIB SANDWICH OR *HAM & CHEESE SUB GREEN BEANS CUCUMBER SLICES FRUIT CHOICE</p> |
| <p>7 MINI CORN DOGS OR CHEESE RAVIOLI W/GARLIC BREAD OR CHICKEN RANCH WRAP OVEN FRIES BROCCOLI BUDS FRUIT CHOICE</p> | <p>8 PIZZA DIPPERS W/MARINARA OR CHICKEN FRIES OR CRISPY CHICKEN SALAD OVEN FRIES BROCCOLI BUDS FRUIT CHOICE</p> | <p>9 SPICY ORANGE CHICKEN W/BROWN RICE OR CHICKEN TENDERS OR TURKEY BACON WRAP GARDEN PEAS CAULIFLOWER FRUIT CHOICE</p> | <p>10 ROTINI W/MEAT SAUCE OR WESTERN BURGER OR AMERICAN SUB SEASONED GREEN BEANS CUCUMBER SLICES FRUIT CHOICE</p> | <p>11 SPECIAL SELECTION BUILD YOUR OWN BURRITO BAR OR *MONTE CRISTO SANDWICH OR *HAM & CHEESE DELI POTATO PUFFS BABY CARROTS FRUIT CHOICE</p> |
| <p>14 CHICKEN & NOODLES OR TOASTED CHEESE SANDWICH OR BUFFALO CHICKEN WRAP GLAZED CARROTS TINY TOMATOES FRUIT CHOICE</p> | <p>15 *BACON CHEESEBURGER OR BEEFY QUESADILLA OR TURKEY DELI OVEN BAKED POTATO PUFFS PICKLE CHIPS</p> <p>FRUIT CHOICE</p> | <p>16 SPECIAL SELECTION HOMEMADE STUFFED ITALIAN SAUSAGE PIZZA OR HAMBURGER PONY SHOE OR AMERICAN SUB OVEN FRIES BROCCOLI BUDS FRUIT CHOICE</p> | <p>17 CHICKEN ALFREDO BAKE W/ FRESH BAKED BREADSTICK OR BBQ CHICKEN SANDWICH OR *HAM CHEF SALAD SEASONED GREEN BEANS BABY CARROTS FRUIT CHOICE</p> | <p>18 TOASTED *ITALIAN SUB OR CHILI CHEESE DOG OR TURKEY BACON WRAP SEASONED PINTO BEANS BROCCOLI BUDS</p> <p>FRUIT CHOICE</p> |
| <p>21 CHILI W/BEANS & CRACKERS OR POPCORN CHICKEN OR TURKEY BACON WRAP GOLDEN CORN TINY TOMATOES</p> <p>FRUIT CHOICE</p> | <p>22 SPECIAL SELECTION HOMEMADE CHICKEN QUESADILLA OR CHICKEN STRIP BASKET W/BISCUIT OR *HAM & CHEESE SUB POTATO PUFFS CUCUMBER SLICES FRUIT CHOICE</p> | <p>23</p> <p>NO SCHOOL</p> | <p>24</p> <p>HAPPY THANKSGIVING NO SCHOOL</p> | <p>25</p> <p>NO SCHOOL</p> |
| <p>28 SPECIAL SELECTION CHICKEN FAJITAS W/PEPPERS & ONIONS OR SALISBURY STEAK W/ROLL OR TURKEY & CHEESE WRAP OVEN FRIES TINY TOMATOES FRUIT CHOICE</p> | <p>29 MINI CORN DOGS OR CHILI CHEESE FRIES OR CRISPY CHICKEN SALAD MASHED POTATOES W/GRAVY BABY CARROTS FRUIT CHOICE</p> | <p>30 BREAKFAST FOR LUNCH OR SLOPPY JOE OR CHICKEN RANCH WRAP POTATO PUFFS</p> <p>FRUIT CHOICE</p> | <p style="text-align: center;">NATIONAL SLEEP COMFORT MONTH</p> <p style="text-align: center;">Receive the correct amount of SLEEP to feel GREAT and do your BEST!</p> | |

Available Daily

Juicy Burgers
Baked Chicken Sandwiches
Chicken Nuggets**
Nacho/Taco Bar
Pizza Selection
Fresh Salads** & Deli Bar
FRESH TO GO Sandwiches & Wraps
Fruit & Veggies with EVERY meal!

Fruit & Veggie Bar

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

Students may take:
4 servings of Vegetables
&
2 servings 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