

November 2016

CANTON UNION SCHOOL DISTRICT INGERSOLL 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>Lunch \$2.00 (Milk included with meal)</p> <p>Milk 50¢ Offered Daily: Fat Free Flavored Fat Free White 1% White</p>	<p>1 ZESTY ITALIAN CASSEROLE OR TOASTED CHEESE SANDWICH OR *HAM & CHEESE DELI TINY TOMATOES GLAZED CARROTS</p> <p>FRUIT CHOICE</p>	<p>2 FRENCH TOAST STICKS W/*SAUSAGE & SYRUP OR SPICY CHICKEN SANDWICH OR FRUIT YOGURT W/MUFFIN GARDEN PEAS POTATO PUFFS FRUIT CHOICE</p>	<p>3 FIESTA NACHOS OR MEATBALL SUB OR SUNBUTTER APPLE WRAP GOLDEN CORN SEASONED PINTO BEANS</p> <p>FRUIT CHOICE</p>	<p>4 PRETZEL W/HOMEMADE CHEESE SAUCE OR CHICKEN ALFREDO BAKE OR AMERICAN SUB MIXED VEGETABLES BABY CARROTS</p> <p>FRUIT CHOICE</p>
<p>7 MINI CORN DOGS OR CHICKEN FRIES OR *HAM & CHEESE DELI BAKED BEANS CHILLED CUCUMBER</p> <p>FRUIT CHOICE</p>	<p>8 CHICKEN & NOODLES OR BBQ *RIB SANDWICH OR TURKEY DELI GOLDEN CORN BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p>9 *MONTE CRISTO SANDWICH OR BEEF & BEAN BURRITO W/SALSA OR CHICKEN RANCH WRAP MASHED POTATOES TINY TOMATOES</p> <p>FRUIT CHOICE</p>	<p>10 BROWNIE BITE DAY PIZZA DIPPERS OR SPAGHETTI W/MEAT SAUCE OR *HAM CHEF SALAD GREEN BEANS CHILLED CUCUMBER</p> <p>FRUIT CHOICE</p>	<p>11 BREAKFAST FOR LUNCH OR CHEESE RAVIOLI W/GARLIC BREAD OR BUFFALO CHICKEN WRAP POTATO PUFFS BROCCOLI BUDS</p> <p>FRUIT CHOICE</p>
<p>14 CHILI W/BEANS & CRACKERS OR JUMBO CORN DOG OR AMERICAN SUB TINY TOMATOES GLAZED CARROTS</p> <p>FRUIT CHOICE</p>	<p>15 POPCORN CHICKEN** OR MEATBALL SUB OR CRISPY CHICKEN SALAD POTATO PUFFS GREEN BEANS</p> <p>FRUIT CHOICE</p>	<p>16 BBQ CHICKEN SANDWICH OR SOFT TACOS OR FRUIT YOGURT W/MUFFIN OVEN FRIES TINY TOMATOES</p> <p>FRUIT CHOICE</p>	<p>17 FRENCH TOAST STICKS W/*SAUSAGE & SYRUP OR CHICKEN TERIYAKI HOAGIE OR TURKEY DELI GARDEN PEAS POTATO WEDGES</p> <p>FRUIT CHOICE</p>	<p>18 CHILI CHEESE DOG OR MACARONI & CHEESE OR FRUIT YOGURT W/MUFFIN OVEN FRIES TINY TOMATOES</p> <p>FRUIT CHOICE</p>
<p>21 CHICKEN PARMESAN W/SEASONED PASTA OR POPCORN CHICKEN** OR AMERICAN SUB TINY TOMATOES MIXED VEGETABLES</p> <p>FRUIT CHOICE</p>	<p>22 BROWNIE BITE DAY SALISBURY STEAK W/BREAD OR BEEFY QUESADILLA OR *HAM CHEF SALAD MASHED POTATOES BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p>23 NO SCHOOL</p>	<p>24 HAPPY THANKSGIVING NO SCHOOL</p>	<p>25 NO SCHOOL</p>
<p>28 CHICKEN TENDERS** OR HAMBURGER PONY SHOE OR SUNBUTTER APPLE WRAP OVEN FRIES BABY CARROTS</p> <p>FRUIT CHOICE</p>	<p>29 ZESTY ITALIAN CASSEROLE OR TOASTED CHEESE SANDWICH OR *HAM & CHEESE DELI TINY TOMATOES GLAZED CARROTS FRUIT CHOICE</p>	<p>30 FRENCH TOAST STICKS W/*SAUSAGE & SYRUP OR SPICY CHICKEN SANDWICH OR FRUIT YOGURT W/MUFFIN GARDEN PEAS POTATO PUFFS FRUIT CHOICE</p>		

Available Daily

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

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

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