

November

2016

CANTON UNION SCHOOL DISTRICT

YMCA Snack Menu

arbor Management Inc.



	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
		FRESH ORANGE WEDGES	BABY CARROTS	FRESH PEAR	BROCCOLI BUDS
		MILK	MILK	MILK	MILK
	7	8	9	10	11
	CELERY STICKS	FRESH APPLE	CUCUMBER SLICES	FRESH BANANA	BABY CARROTS
	MILK	MILK	MILK	MILK	MILK
	14	15	16	17	18
	BROCCOLI BUDS	FRESH APPLE	CELERY STICKS	FRESH ORANGE WEDGES	TINY TOMATOES
	MILK	MILK	MILK	MILK	MILK
	21	22	23	24	25
	CUCUMBER SLICES	FRESH PEAR	NO SCHOOL	HAPPY THANKSGIVING NO SCHOOL	NO SCHOOL
	28	29	30		
	CELERY STICKS	FRESH ORANGE WEDGES	BABY CARROTS		
	MILK	MILK	MILK		

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

Snack Time
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Fun Time!

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