



Canton Public Schools Elementary Lunch Menu September 2019

Welcome Back



Prepay for the month September \$48.00


Milk \$0.50

Lunch \$3.00



Food Allergies

If your child has a food allergy and will be eating lunch please contact your child's School Nurse and The Food Service Director. A Doctor's Note will be required

Thursday	9/5	Friday	9/6
Chicken Nuggets Sweet Potato Trax Dinner Roll Pudding		Homemade Fresh Dough Pizza Fresh Garden Salad Italian or Ranch Dressing Orange Smiles	
Monday	9/9	Tuesday	9/10
Chicken Tenders Dinner Roll Mashed Potatoes Roasted Broccoli		Hamburger/Roll Cheese- Plain- Bacon Lettuce Tomato Oven Baked Fries	
Monday	9/16	Tuesday	9/17
Toasted Cheese Sandwich Sweet Corn Tater Tots Orange Smiles		French Toast Sticks - Syrup Chicken Sausage Carrots Cinnamon Applesauce	
Monday	9/23	Tuesday	9/24
Rotini- Meatballs - Marinara Sauce Green Beans Garlic Bread Orange Smiles		Nacho Plate Tostito Scoops Nacho Meat - Cheese Black Beans Romaine Lettuce, Tomato, Salsa	
Monday	9/30	<p>Daily Choices Bagel Lunch Box with Yogurt and Cheese Stick, Cheese Pizza Tuna Sandwich and Chips PBj or PB Fluff Sandwich</p> <p>Everyday Fruits Available: Fresh :3 or more apple varieties, oranges, bananas, kiwi and seasonal fruits- peaches, pears, grapes, plums, watermelon Canned juice pak, pineapple, applesauce, pears, peaches, apple slices, strawberries raisins</p> <p>A-LIST SNACKS \$0.75 Fresh Fruit Snacks Baked Chips Yogurt Cups</p> <p>A-List Ice Cream \$1.25</p>	
Rosh Hashanah No School			
Thursday	9/12	Friday	9/13
Breakfast for Lunch Assorted Cereal -Muffin Chicken Sausage Carrots Orange Smiles		Tony's Deep Dish Pizza Caesar Salad	
Thursday	9/19	Friday	9/20
Baked Chicken Nuggets Mashed Potatoes Dinner roll Orange Smiles		Homemade Fresh Dough Pizza Garden Salad Ranch Dressing	
Thursday	9/26	Friday	9/27
Kayem Light Hot Dog/Roll Baked Beans HAPPY SEPTEMBER BIRTHDAY CAKE 		Canton's Own Pizza Caesar Salad Orange Smiles	

Milk is served with all meals- Skim, Chocolate Skim or 1% white

Everyday Veggie Sticks and Dips

Available:
3 or more fresh cut vegetable sticks:
Carrots, celery, red pepper, cucumber, broccoli
Dips: Hummus or Lite Ranch Dressing

Martha Lawless, Food Service Director
781-821-5060 x 1246

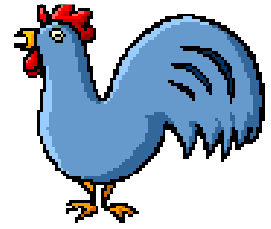


Prepay for your child's lunch. Make your check payable to: Canton Public Schools
Canton Public Schools, Food Service Department
You can also pay on line at myschoolbucks.com.

All Meals Offered are Nutritionally Balanced and Include 5 Components Meat/Meat Alternate, Vegetable, Fruit, Grain and Milk
We support and encourage students to make food selections from each of the Components offered every Day!
Selecting at least 3 components and having at least one component be a fruit or vegetable serving makes it a Reimbursable Meal!

This institution is an equal opportunity provider

Good Morning!



Elementary Schools Breakfast Menu

September 2019

Monday

French Toast Sticks /Syrup

Tuesday

Colby Cheddar Omelet/Graham Crackers

Wednesday

Egg McCanton Hot Breakfast Sandwich

Thursday

Bagel Cream Cheese or Peanut Butter

Friday

Mini Pancakes/Syrup

Every Day

Assorted Cereal w/ Animal Crackers and Muffins

All Breakfasts Served with Fresh Fruit/ Juice and Milk

Full Price \$2.00- Reduced \$0.30 - Free \$0.00

*All Meals Offered are Nutritionally Balanced and Include 3 Components
Fruit, Grain and Milk*

*We support and encourage students to make food selections from each of the Components offered
every Day!*

*Selecting at least 3 food items and having at least one component be a fruit serving makes it a
Reimbursable Meal!*

This institution is an equal opportunity provider.