

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

**Canton Public Schools
Elementary Lunch Menu
September 2019**

Welcome Back



Prepay for the month **September \$48.00**

Milk \$0.50


Lunch \$3.00



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	Wednesday	9/11	Thursday	9/12	Friday	9/13
Chicken Tenders Dinner Roll Mashed Potatoes Roasted Broccoli		Hamburger/Roll Cheese- Plain- Bacon Lettuce Tomato Oven Baked Fries		Mini Pancakes and Syrup Chicken Sausage Carrots Cinnamon Applesauce		Breakfast for Lunch Assorted Cereal -Muffin Chicken Sausage Carrots Orange Smiles		Tony's Deep Dish Pizza Caesar Salad	

Monday	9/16	Tuesday	9/17	Wednesday	9/18	Thursday	9/19	Friday	9/20
Toasted Cheese Sandwich Sweet Corn Tater Tots Orange Smiles		French Toast Sticks - Syrup Chicken Sausage Carrots Cinnamon Applesauce		Homemade Macaroni and Cheese Fish Nuggets Roasted Broccoli		Baked Chicken Nuggets Mashed Potatoes Dinner roll Orange Smiles		Homemade Fresh Dough Pizza Garden Salad Ranch Dressing	

Monday	9/23	Tuesday	9/24	Wednesday	9/25	Thursday	9/26	Friday	9/27
Rotini- Meatballs - Marinara Sauce Green Beans Garlic Bread Orange Smiles		Nacho Plate Tostito Scoops Nacho Meat - Cheese Black Beans Romaine Lettuce, Tomato, Salsa		Early Release Today No Lunch Served		Kayem Light Hot Dog/Roll Baked Beans HAPPY SEPTEMBER  BIRTHDAY CAKE		Canton's Own Pizza Caesar Salad Orange Smiles	

Monday	9/30
Rosh Hashanah No School	

Daily Choices

Bagel Lunch Box with Yogurt and Cheese Stick, Cheese Pizza
Tuna Sandwich and Chips
PBJ or PB Fluff Sandwich

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

Everyday Fruits Available:

Fresh :3 or more apple varieties, oranges, bananas, kiwi and seasonal fruits-peaches, pears, grapes, plums, watermelon sticks:
Canned juice pak, pineapple, applesauce, pears, peaches, apple slices, strawberries, raisins

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

A-LIST SNACKS \$0.75

Fresh Fruit
Snacks
Baked Chips
Yogurt Cups

A-List Ice Cream \$1.25

Martha Lawless, Food Service

Director
781-821-5060 x 1246

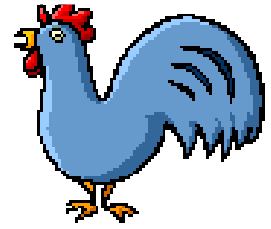


Prepay for your child's lunch. Make your check payable to: Canton Public Schools
Canton Public Schools, Food Service Department
You can also pay on line at myschoolbucks.com.

*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.