

# Canton High School

## November 30- December 31, 2020












### 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


**Breakfast and Lunch are free for all students everyday.**



### Lunch

MONDAY	11/30	TUESDAY	12/1	WEDNESDAY	12/2	THURSDAY	12/3	FRIDAY	12/4
<b>Buffalo Chicken Wrap</b> Garden Salad Fresh Fruit Milk Rice Krispie Treat 		<b>Chicken Tenders</b> Tater Tots Baby Carrots Dinner Roll Pears Milk		<b>Grilled Chicken Caesar Salad</b> Dressing Pita Bread Chips Fruit Milk		<b>Buffalo Chicken Wrap</b> Garden Salad Fresh Fruit Milk Rice Krispie Treat 		<b>Chicken Tenders</b> Tater Tots Baby Carrots Dinner Roll Pears Milk	
<b>Gluten Free Nuggets</b>				<b>Gluten Free Hamburger</b>		<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>	
MONDAY	12/7	TUESDAY	12/8	WEDNESDAY	12/9	THURSDAY	12/10	FRIDAY	12/11
<b>Meatball Sub</b> Garden Salad Juice Milk Welch's Fruit Snack 		<b>Pizza</b> Corn Baby Carrots Fresh Fruit Milk 		<b>Grilled Chicken Caesar Salad</b> Dressing Pita Bread Chips Fruit Milk 		<b>Meatball Sub</b> Garden Salad Juice Milk Welch's Fruit Snack 		<b>Pizza</b> Corn Baby Carrots Fresh Fruit Milk	
<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>		<b>Gluten Free Hamburger</b>		<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>	
MONDAY	12/14	TUESDAY	12/15	WEDNESDAY	12/16	THURSDAY	12/17	FRIDAY	12/18
<b>Turkey and Bacon Wrap</b> Garden Salad Fresh Fruit Milk Doritos 		<b>Chicken Tenders</b> Tater Tots Baby Carrots Dinner Roll Pears Milk		<b>Grilled Chicken Caesar Salad</b> Dressing Pita Bread Chips Fruit Milk		<b>Turkey and Bacon Wrap</b> Garden Salad Fresh Fruit Milk Doritos 		<b>Chicken Tenders</b> Tater Tots Baby Carrots Dinner Roll Pears Milk 	
<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>		<b>Gluten Free Hamburger</b>		<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>	
MONDAY	12/21	TUESDAY	12/22	WEDNESDAY	12/23	<p><b>Winter Break No School December 24 - December 31, 2020</b></p> 			
<b>Ham and Cheese Croissant</b> Garden Salad Juice Milk Cookie		<b>Pizza</b> Black Bean Salad Baby Carrots Fresh Fruit 		<b>Grilled Chicken Caesar Salad</b> Dressing Pita Bread Chips Fruit Milk					
<b>Gluten Free Nuggets</b>		<b>Gluten Free Pizza</b>		<b>Gluten Free Hamburger</b>					

### Daily Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Warm Cinnamon Donut</b> Fresh Fruit Milk	<b>Croissant Breakfast Sandwich</b> Week 2 Muffin Week 3 Cinnamon Roll Week 4 Mini Pancake Juice Milk	<b>Remote Learning</b>  <b>In School Learning</b> Bagel Cream Cheese Orange Smiles	<b>Croissant Breakfast Sandwich</b> Week 2 Muffin Week 3 Cinnamon Roll Week 4 Mini Pancake Juice Milk	<b>Warm Cinnamon Donut</b> Fresh Fruit Milk 
<b>Gluten Free Cereal Fruit Milk</b>	<b>Gluten Free Cereal Juice Milk</b>	<b>Gluten Free Cereal Fruit Milk</b>	<b>Gluten Free Cereal Juice Milk</b>	<b>Gluten Free Cereal Fruit Milk</b>

A-la-carte items not included in the meals above will be paid from student lunch accounts.

#### A-la-Carte

Milk  
Water  
Snacks

**Gluten Free Option Meals Highlighted in Green All meals served with milk fruit and vegetable**

Pre-Pay into your Child's School Lunch Account on line at <https://www.myschoolbucks.com>



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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!