

Canyon School Lunch Menu – October 2023

Free lunch for all children 18 and under, \$3.75 per adult lunch
(Milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Portuguese White Bean & Kale Soup Carrots Salad Fruit 1% or NonFat Milk	3 Cheese Tortellini Garlic Bread Broccoli Salad Fruit 1% or NonFat Milk	4 Canadian Meatballs w/Potatoes Garlic Bread Carrots Salad Fruit 1% or NonFat Milk	5 Tofu w/Broccoli Brown Rice Green Beans Salad Fruit 1% or NonFat Milk	6 Baked Potato Bar Garlic Bread Broccoli Salad Fruit 1% or NonFat Milk
9 NO SCHOOL–STAFF WORK DAY	10 Pesto Pasta Garlic Bread Carrots Salad Fruit 1% or NonFat Milk	11 Chicken or Veg.Noodle Soup Garlic Bread Green Beans Salad Fruit 1% or NonFat Milk	12 BBQ Chicken Mashed Potatoes Corn Salad Fruit 1% or NonFat Milk	13 Fishsticks Brown Rice Broccoli Salad Fruit 1% or NonFat Milk
16 Chicken or Vegetable Soup w/Rice Garlic Bread Carrots Salad Fruit 1% or NonFat Milk	17 Chicken or Cheese Quesadillas Beans Rice Salad Fruit 1% or NonFat Milk	18 Hunter's Chicken Potatoes Corn Salad Fruit 1% or NonFat Milk	19 Wontons Green Beans Brown Rice Salad Fruit 1% or NonFat Milk	20 Pancakes Sausage Broccoli Salad Fruit 1% or NonFat Milk
23 Parent Teacher Conferences Bag Lunch	24 Parent Teacher Conferences Bag Lunch	25 Parent Teacher Conferences Bag Lunch	26 Parent Teacher Conferences Bag Lunch	27 Parent Teacher Conferences Bag Lunch
30 Chili w/Meat or Veg. Corn Bread Green Beans Salad Fruit 1% or NonFat Milk	31 Spaghetti w/Meat or Vegetable Marinara Sauce Garlic Bread Broccoli Salad Fruit 1% or NonFat Milk			

Organic milk is offered with every lunch. **All chicken and beef used is either organic or antibiotic and hormone free.** We use whole grain products whenever possible.

Canyon School is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. Canyon School is part of the National School Lunch Program.