

Canyon School Lunch Menu March 2024

Free lunch and breakfast for all children 18 and under, \$4.50 per adult lunch, \$2.75 per adult breakfast

(Milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Potstickers Brown Rice Green Beans Green Salad Oranges 1% or Non-Fat Milk
4 Pesto Pasta Garlic Bread Carrots Green Salad Apple Crisp 1% or Non-Fat Milk	5 Meatloaf Mashed Potato Garlic Bread Corn Green Salad Blueberries 1% or Non-Fat Milk	6 Tomato Soup w/Grilled Cheese Broccoli Green Salad Fruit Salad 1% or Non-Fat Milk	7 Fish Sticks Brown Rice Broccoli Green Salad Oranges 1% or Non-Fat Milk	8 Chicken or Tofu Stir Fry Brown Rice Green Beans Green Salad Pears 1% or Non-Fat Milk
11 Spaghetti w/Meat or Vegetable Marinara Sauce Garlic Bread Broccoli Green Salad Pears 1% or Non-Fat Milk	12 Chicken or Veggie Soup w/Rice Garlic Bread Carrots Green Salad Fruit Cups 1% or Non-Fat Milk	13 Chicken or Cheese Quesadilla Beans Rice Green Salad Oranges 1% or Non-Fat Milk	14 Teriyaki Chicken Brown Rice Broccoli Green Salad Apple Crisp 1% or Non-Fat Milk	15 Potstickers Brown Rice Green Beans Green Salad Blueberries 1% or Non-Fat Milk
18 Split Pea Soup Grilled Cheese Carrots Green Salad Apple Crisp 1% or Non-Fat Milk	19 Beef or Vegetarian Chili Brown Rice Corn Green Salad Pears 1% or Non-Fat Milk	20 Macaroni and Cheese Garlic Bread Broccoli Green Salad Applesauce 1% or Non-Fat Milk	21 Pesto Chicken Brown Rice Carrots Green Salad Pears 1% or Non-Fat Milk	22 Beef or Cheese Lasagna Garlic Bread Broccoli Blueberries 1% or Non-Fat Milk
25 Chicken or Veggie Soup w/Rice Garlic Bread Carrots Green salad Applesauce 1% or Non-Fat Milk	26 Cheese Tortellini w/Marinara Garlic Bread Broccoli Green Salad Pears 1% or Non-Fat Milk	27 BBQ Chicken Mashed Potato Corn Garlic Bread Green Salad Blueberries 1% or Non-Fat Milk	28 Beef or Vegetarian Chili Corn Bread Green Salad Broccoli Pears 1% or Non-Fat Milk	29 MINIMUM DAY BAG LUNCHES

Organic milk is offered with every breakfast and 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.