

January 2012

Canadian Middle & High School Lunch Menu **SECONDARY 6th-12**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			5 TWIN CRISPY TACOS CHICKEN FAJITAS SPANISH RICE CORN AND GLAZED CARROTS LETTUCE AND TOMATO JELL-O WITH FRUIT	6 Chicken Patty on A Bun Tater Tots Baked Beans Green Beans Fresh Orange Smiles Cookies
9 Orange Chicken /Egg Roll Bar B Q Beef on a Bun Oriental Blend Vegetables Garden Salad Mixed Fruit Cake	10 Baked Potatoes w/ cheese ,Broccoli and Chicken Mashed Potatoes Popcorn Chicken w/ Gravy Seasoned Green Beans Pineapple Tidbits Wheat Roll	11 Chicken Pot pie Grilled Cheese Sandwiches Tomato Soup Seasoned Green Beans Garden Salad Apples Slices Cookies	12 BEEFY NACHOS WILDCAT WRAP SEASONED PINTO BEANS STEAMED BROCCOLI FRESH ORANGE SMILES LETTUCE AND TOMATO	13 <i>Grilled Chicken</i> <i>Mac and Cheese</i> <i>Baked Beans</i> <i>Carrot Sticks</i> <i>Garden Salad</i> <i>Fresh Orange Smiles</i>
16 <i>Chicken Quesadilla</i> <i>Spanish Rice</i> <i>Sloppy Jo</i> <i>Seasoned Corn</i> <i>Italian Blend Vegetables</i> <i>Garden Salad</i> <i>Blushing Pears</i>	17 <i>Spaghetti w/ Meat sauce</i> <i>Chicken Rings</i> <i>Corn on Cobb/Peas</i> <i>Garden Salad</i> <i>Blushing pears</i> <i>Garlic Bread</i>	18 Home-style Pizza Pepperoni/Cheese Specialty Pizza Broccoli Normandy Garden Salad Fresh Apple Slices Cake	19 SAISBURY STEAK W/ BROWN GRAVY STEAK FINGERS W/GRAVY MASHED POTATOES MIXED VEGTABLES PINEAPPLE TIDBITS WHEAT ROLLS	20 Popcorn Chicken w/Gravy Baked Potato Wedges Green Peas Glazed Carrots Chilled Peaches
23 Mexicali Chili Mac Chicken Tenders Mashed Potatoes w/Gravy Italian Blend Vegetables Seasoned Corn Garden Salad Wheat Roll	24 Kick'n BBQ Chicken Hot Ham & Cheese Sandwich w/Baked Chips Baked Beans Carrot Sticks w/Ranch Chilled Peaches Cookie	25 Home-style Pizza Pepperoni/Cheese Specialty Pizza Peas & Carrots Garden Salad Fresh Apple Slices Cake	26 Corn Chip Pie Chicken Spaghetti Broccoli Normandy Corn on the Cob Garden Salad Rosy Applesauce Garlic Bread	27 <i>Early Release Day</i> Cheeseburger Baked Chips Carrot Sticks w/Ranch Fresh Fruit Animal Crackers
30 Broccoli & Beef w/Steamed Rice & Egg Roll Popcorn Chicken Mixed Vegetables Garden Salad Chilled Mixed Fruit Wheat Roll	31 Taco Pie Pig-n-Blanket Chicken Noodle Soup Spanish Rice Carrot Coins Lettuce & Tomato Salad Chocolate Pudding			

CES and BES
Student Breakfast \$1.00
Student Lunch \$1.75
Adult Breakfast \$1.25
Adult Lunch \$3.00
Visitor Lunch \$4.00

CMS and CHS
Student Breakfast \$1.00
Student Lunch \$2.00
Adult Breakfast \$1.25
Visitor Breakfast \$1.50
Adult Lunch \$3.00
Visitor Lunch \$4.00

Student Visitor
Breakfast \$1.50
Lunch \$2.50
2nd Tray \$1.75

Variety of Milk Offered Daily
1% White Milk and Fat Free Chocolate Or Strawberry And 100% Juice

Available Daily
Grades PK-5
BASKETS to GO and GRAB ~N~ GO SALADS
Available Daily
Grades 6 - 12th
Jr. High/High School

*Baskets are served w/one of the following BAKED choices:
Potato Smiles, Tater Tots, French Fries, Potato Wedges or Baked Chips*

Monday Basket
CHEESE BURGER
Served w/ Tater Tots

Tuesday Basket
Chicken on a Bun
Baked Chips & Corn on Cobb

Wednesday Basket
Stuffed Baked Potato
w/ Bar B Q Beef or Chicken

Thursday Basket
Hamburger
Baked Chips

Friday Basket
Bar BQ on a Bun
Baked Chips & Corn on Cobb

Grab n Go SALADS
Available DAILY ...
W/ Fruit, Dressing and Crackers

Mon: **CHICKEN FAJITAS**
Tues: **CHEF - (Turkey of Ham)**
Wed: **CRISPY CHICKEN**
Thurs: **BEEF TACO SALAD**
Fri: **POPCORN CHICKEN**

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Walker Quality Services – Cycle -A – Fall Menu (10-15-2011)