

# October 2011

## CANADIAN Elementary and Baker Lunch Menus Pk-5th Grade

### 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  
 2<sup>nd</sup> Tray ..... \$1.75

Variety of  
Milk  
Offered Daily

**National School  
Lunch Week**

October 10<sup>th</sup>  
Through  
October 14<sup>th</sup>

**"Let's Grow  
Healthy with  
School Lunch"**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CHICK FAJITAS SALAD</b>	<b>Crispy Chicken Salad</b>	<b>Chef Salad (Turkey &amp; Ham)</b>	<b>Beef Taco Salad</b>	<b>Chicken salad</b>
3	4	5	6	7
Salisbury Steak w/Brown Gry. Mashed Potatoes Italian Blend Garden Salad Chilled Pineapple Wheat roll	Chicken Spaghetti Chicken Nuggets California Blend Orange Glazed Carrots Garden Salad Apple Garlic Bread	Beef Nachos Taco Pie Spanish Rice Seasoned Pinto Beans Steamed Broccoli Lettuce-n-Tomato Salad Orange Smiles	Oven Roasted Chicken Steak Fingers w/Gry. Potato Wedges Mixed Vegetables Chilled Mandarin Oranges Wheat Rolls	Fish Shapes w/Tartar Sauce Black-eyed Peas Mac-n-cheese Garden Salad Chilled Peaches Corn Bread
10	11	12	13	14
Baked Potato w/Broccoli & Cheese & Chicken Garden Salad Seasoned Lima Beans Green Beans Orange Smiles Suagar Cookie	Meatloaf w/Ketchup Chicken Tenders Peas-n-Carrots Corn on the Cob Garden Salad Chilled Mixed Fruit Chocolate Pudding	Home-style Pizza (Pepperoni or Cheese) Beef Ravioli Italian Blend Vegetables Carrot Sticks, Garden Salad Chilled Pineapple Garlic Bread	Twin Crispy Tacos Chicken Fajitas Seasoned Pinto Beans Spanish Rice Steamed Broccoli Lettuce-n-Tomato Salad Chilled Peaches	Corn Dog Potato Smiles Mixed Vegetables Garden Salad Blushing Pears
17	18	19	20	21
Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Green Beans Garden Salad Chilled Mandarin Oranges Wheat Rolls	Beefy Nachos Toasted Cheese Sandwich w/Baked Chips Seasoned Pint Beans Fresh Broccoli w/Ranch Garden Salad, Mixed Fruit Chocolate Chip Cookie	Spaghetti w/Meat Sauce Tso Chicken w/Rice Seasoned Corn Garden Salad Fruited Jell-O Orange Smiles Garlic Bread	Oven Fried Chicken Chicken Fried Steak Fingers w/Gravy Mash potato Seasoned Mixed Veg. Garden Salad Wheat Roll Apple Crisp	Orange Chicken w/Rice & Egg Roll Oriental Blend Vegetables Garden Salad Orange Smiles Wheat Rolls
24	25	26	27	28
Mexican Chili Mac Green Beans Glazed Carrots Garden Salad Chilled Fruit Wheat Rolls	Cheesy Chicken-n-Rice Twin Crispy Tacos Seasoned Pinto Beans Spanish Rice Seasoned Spinach Lettuce-n-Tomato Salad Sugar Cookie	Home-style Pizza (Pepperoni or Cheese) Chicken Alfredo over Pasta Italian Blend Vegetables Glazed Carrots Garden Salad Rosy Applesauce	Chicken Fajitas Beef Burritos w/Cheese & Chili Seasoned Pinto Beans Spanish Rice Lettuce-n-Tomato Salad Cherry Cobbler	BBQ on a Bun Baked French Fries Baked beans Carrot Sticks Apple Banana Pudding
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Chicken Rings w/Gravy Mashed Potatoes Seasoned Green Beans Garden Salad Chilled Peaches Wheat Rolls				

**Available Daily  
Grades 3-5**

**Fun Lunch Options**

**Monday:**  
Peanut Butter and Jelly,  
Cheese stick  
Fruit Cup, Celery Stick w/ Lite Ranch,  
Cheese Stick & Graham Crackers

**Tuesday:**  
Cheeseburger, Baked Chips,  
Hamburger Salad, Fresh Fruit (Apple or  
Orange)  
Animal Crackers

**Wednesday:**  
Hot dog on a bun  
Baked chips  
Cucumber/ Carrot sticks w/lite Ranch,  
Fruit cup

**Thursday:**  
Chicken nuggets,  
Broccoli w/ Lite Ranch,  
Peach cup  
Teddy Graham Crackers

**Friday:**  
Corndog, Mustard/ Pickles, Animal  
Crackers, COOKIES  
Baked Chips, Apple Juice

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**Grab n Go SALADS**

**Available DAILY ...  
W/ Fruit, Dressing and Crackers**

**Monday:** [Chicken Fajitas Salad](#)

**Tuesday:** [Crispy Salad](#)

**Wed:** [Chef Salad -\(Ham & Turkey\)](#)

**Thurs:** [Beef Taco Salad](#)

**Friday:** [Chicken or Tuna Salad](#)

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