

# WELCOME BACK!!

## August 16–September 22

# INTERMEDIATE

**Menu is subject to change without notice.** Menu subject to availability and seasonality of items.

*Breakfast entrées are listed in italics. Fresh Fruits and/or fruit juice are available everyday with milk. Student must choose a fruit and two more items at breakfast.*

Lunch entrées are bold and include Fresh Fruits & Veggies (rotating items listed below calendar) and choice of milk daily.

GO!

SLOW

WHOA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Waffle &amp; Syrup</i> <i>Assorted Cereals</i> <b>Meatloaf</b> • w/Gravy • & Roll • <b>Chicken Nuggets</b> • w/Breadstick • <b>Turkey Sandwich</b> • <b>Fruit, Cheese &amp; Yogurt Platter</b> • w/Cinnamon Tortilla Crisps •	<i>Bacon, Egg &amp; Cheese Flatbread</i> <i>Cereal or Hot Oatmeal</i> <b>Popcorn Chicken Bowl</b> • w/Mini Pretzels • <b>Chicken Sandwich</b> • <b>Egg Salad Sandwich</b> • <b>Tuna Salad Platter</b> • w/Roll •	<i>Egg &amp; Ham Flatbread</i> <i>Assorted Cereals</i> <b>Baked Potato</b> • w/Broccoli • & Cheese • & Pretzel • <b>Hamburger/Cheeseburger</b> • <b>Egg Salad Sandwich</b> • <b>Ham &amp; Turkey Chef Salad</b> • w/Flatbread •	<i>Blueberry Muffin</i> <i>Cereal or Hot Oatmeal</i> <b>Soup, Chili</b> • w/Tortilla Crisps • <b>Hot Dog</b> • <b>Chicken Salad Sandwich</b> • <b>Egg Chef Salad</b> • w/Roll •	<i>Breakfast Pizza</i> <i>Assorted Cereals</i> <b>Pepperoni Pizza</b> • <b>Cheese Melt</b> • <b>Cheese Sub Sandwich</b> • <b>Taco Salad</b> • w/Tortilla Crisps •
<i>Sausage, Egg &amp; Cheese Burrito</i> <i>Assorted Cereals</i> <b>Mozzarella Cheese Sticks</b> • w/Marinara Sauce • <b>Chicken Nuggets</b> • w/Bstick • <b>SantaFe Turkey Wrap</b> • <b>Chicken Chef Salad</b> • w/Pretzel Roll •	<i>Pancake-on-a-Stick</i> <i>Cereal or Hot Oatmeal</i> <b>Cajun Meatball Stew</b> • w/Roll • <b>Chicken Sandwich</b> • <b>Ham &amp; Cheese Sandwich</b> • <b>Nacho Chicken Salad</b> • w/Tortilla Crisps •	<i>Pancakes &amp; Syrup</i> <i>Assorted Cereals</i> <b>Cheesy Penne Pasta</b> • <b>Hamburger/Cheeseburger</b> • <b>Chicken Buffalo Wrap</b> • <b>Ham &amp; Turkey Cobb Salad</b> • w/Flatbread •	<i>Kolaches</i> <i>Cereal or Hot Oatmeal</i> <b>Chicken Tater Nacho Bites</b> • w/Tortilla Chips • <b>Hot Dog</b> • <b>Cheese Wrap</b> • <b>Chicken Ranch Salad</b> • w/Pretzel •	<i>Biscuits &amp; Gravy</i> <i>Assorted Cereals</i> <b>Cheese Pizza</b> • <b>BBQ Rib on a Bun</b> • <b>Ham &amp; Cheese Sub</b> • <b>Popcorn Chicken Salad</b> • w/Pretzel Roll •
<i>Sausage, Egg &amp; Cheese Burrito</i> <i>Assorted Cereals</i> <b>Mozzarella Cheese Sticks</b> • w/Marinara Sauce • <b>Chicken Nuggets</b> • w/Bstick • <b>SantaFe Turkey Wrap</b> • <b>Chicken Chef Salad</b> • w/Pretzel Roll •	<i>Pancake-on-a-Stick</i> <i>Cereal or Hot Oatmeal</i> <b>Cajun Meatball Stew</b> • w/Roll • <b>Chicken Sandwich</b> • <b>Ham &amp; Cheese Sandwich</b> • <b>Nacho Chicken Salad</b> • w/Tortilla Crisps •	<i>Breakfast Pizza</i> <i>Assorted Cereals</i> <b>Oriental Chicken</b> • w/Broccoli • & Rice • <b>Hamburger/Cheeseburger</b> • <b>Tuna Salad Sandwich</b> • <b>Romaine &amp; Cheese Salad</b> • w/Pretzel •	<i>French Toast Sticks</i> <i>Cereal or Hot Oatmeal</i> <b>Spaghetti Carbonara</b> • w/Bacon • & Chicken • <b>Hot Dog</b> • <b>Ham &amp; Cheese Wrap</b> • <b>Turkey Chef Salad</b> • w/Roll •	<i>Ham, Egg &amp; Cheese Flatbread</i> <i>Assorted Cereals</i> <b>Cheese Pizza</b> • <b>Fish Melt Sandwich</b> • <b>Turkey Sandwich</b> • <b>Ham Chef Salad</b> • w/Flatbread •
<b>SCHOOL HOLIDAY</b>	<i>Kolaches</i> <i>Cereal or Hot Oatmeal</i> <b>Chicken Nugget</b> • & Country Gravy • Bowl w/Tortilla Crisps • <b>Chicken Sandwich</b> • <b>Buffalo Chicken Wrap</b> • <b>Ham &amp; Turkey Cobb Salad</b> • w/Pretzel •	<i>Scrambled Eggs, Hashbrowns &amp; Toast</i> <i>Assorted Cereals</i> <b>Chili Mac Pasta</b> • w/Bstick • <b>Hamburger/Cheeseburger</b> • <b>Ham &amp; Turkey Sandwich</b> • <b>Fresh Apple &amp; Cheese Plate</b> • w/Cinnamon Tortilla Crisps •	<i>Banana Muffin</i> <i>Cereal or Hot Oatmeal</i> <b>Roast Turkey</b> • w/Stuffing • & Gravy • <b>Hot Dog</b> • <b>Ham &amp; Cheese Sandwich</b> • <b>Popcorn Chicken Salad</b> • w/Goldfish Crackers •	<i>Waffle &amp; Syrup</i> <i>Assorted Cereals</i> <b>Cheese Pizza</b> • <b>Chicken</b> • <b>PhillySteak</b> Sandwich • <b>Turkey &amp; Cheese Wrap</b> • <b>Bean Nacho Salad</b> • w/Tortilla Chips •
<b>LABOR DAY</b>	<i>Sausage, Egg &amp; Cheese Burrito</i> <i>Cereal Oatmeal</i> <b>Fish Sticks</b> • w/Mac & Cheese • <b>Chicken Sandwich</b> • <b>Ham &amp; Turkey Sandwich</b> • <b>Turkey Chef Salad</b> • w/Roll •	<i>French Toast Sticks</i> <i>Assorted Cereals</i> <b>Chicken Drumstick</b> • w/Corn Muffin • <b>Hamburger/Cheeseburger</b> • <b>Ham Sandwich</b> • <b>Beef Nacho Salad</b> • w/Tortilla Chips •	<i>Breakfast Pizza</i> <i>Cereal or Hot Oatmeal</i> <b>Bean &amp; Rice Tortilla Bowl</b> • <b>Hot Dog</b> • <b>Tuna Salad Sub</b> • <b>Popcorn Chicken Salad</b> • w/Flatbread •	<i>Biscuits &amp; Gravy</i> <i>Assorted Cereals</i> <b>Pepperoni Pizza</b> • <b>Sloppy Joes</b> • <b>Ham Wrap</b> • <b>Tuna Platter</b> • w/Pretzel Roll •
<i>Omelet, Hashbrown &amp; Toast</i> <i>Assorted Cereals</i> <b>Chicken Drumstick</b> • w/Roll • <b>Chicken Nuggets</b> • w/Breadstick • <b>Ham Sandwich</b> • <b>Veggie Baja Salad</b> • w/Pretzels •	<i>Pancake-on-a-stick</i> <i>Cereal or Hot Oatmeal</i> <b>Rotini &amp; Marinara</b> • w/Breadstick • <b>Chicken Sandwich</b> • <b>Turkey Wrap</b> • <b>Chicken Caesar Salad</b> • w/Goldfish Crackers •	<i>Egg &amp; Ham Flatbread</i> <i>Assorted Cereals</i> <b>Baked Potato</b> • w/Broccoli • & Cheese • & Pretzel • <b>Hamburger/Cheeseburger</b> • <b>Egg Salad Sandwich</b> • <b>Ham &amp; Turkey Chef Salad</b> • w/Flatbread •	<i>Blueberry Muffin</i> <i>Cereal or Hot Oatmeal</i> <b>Soup, Chili</b> • w/Tortilla Crisps • <b>Hot Dog</b> • <b>Chicken Salad Sandwich</b> • <b>Egg Chef Salad</b> • w/Roll •	<i>Breakfast Pizza</i> <i>Assorted Cereals</i> <b>Pepperoni Pizza</b> • <b>Cheese Melt</b> • <b>Cheese Sub Sandwich</b> • <b>Taco Salad</b> • w/Tortilla Crisps •

**READING THE MENU BREAKFAST:**  
Traditional Breakfast is listed in purple  
Lakeview Elementary: Breakfast in the Classroom is listed in orange

everyday lunch choice:  
SunButter & Jelly Sandwich •

### Canyon ISD Meal Prices 2017-2018

**BREAKFAST**  
Student & Child Visitors .....\$1.30  
Reduced .....30¢  
Faculty/Staff & Adult Visitors .....\$1.90

**LUNCH**  
Elementary (K–4th)...\$2.10  
Students 5th–12th ..\$2.30  
Reduced .....40¢  
Faculty/Staff .....\$3.00

LOOK for FUEL days and check out new entrées!

**everyday** | *super sides, fresh fruits & veggies and 100% fruit juice*  
items listed below rotate on their respective days and may be substituted based on availability/seasonality

- Baby Carrots • Campfire Pinto Beans • Corn • Creamy Coleslaw • Cucumber & Tomato Salad • French Fries • Fresh Broccoli • Fresh Cantaloupe • Fresh Grapes • Fresh Plum • Fresh Strawberries • Fresh Tomato Wedges • Fresh Watermelon • Fresh Zucchini • Fruit Mix • Garden Side Salad • Green Beans • Jicama Sticks • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mixed Vegetables • Orange Glazed Carrots • Pineapple Tidbits • Potato Salad • Red Pepper Strips • Roasted Brussels Sprouts • Roasted Zucchini & Squash • Sautéed Kale • Seasoned Corn • Spinach & Strawberry Salad • Steamed Broccoli • Steamed Carrots • Steamed Green Beans • Sweet Potato Fries • Sweet Potato Tots • Tater Tots • Apple Juice • Fruit Juice • Grape Juice • Orange Juice • 1% Milk • Chocolate Milk •

**THE LUNCH PROGRAM** The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (PK–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of: Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.