

# WELCOME BACK!!

## August 16–September 22

# JR HIGH



**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  
WHO!

### MONDAY

*Assorted Cereals*

### TUESDAY

*Cereal or Hot Oatmeal*

### WEDNESDAY

*Assorted Cereals*



### THURSDAY

*Cereal or Hot Oatmeal*

### FRIDAY

*Assorted Cereals*



*Waffle & Syrup* AUG 21  
**Meatloaf** w/Gravy & Roll  
**Turkey Sandwich**  
**Fruit, Cheese & Yogurt Platter** w/Cinnamon Tortilla Crisps

*Bacon, Egg & Cheese Flatbread* AUG 22  
**Popcorn Chicken Bowl** w/Mini Pretzels  
**Egg Salad Sandwich**  
**Tuna Salad Platter** w/Roll

*Pancakes & Syrup* AUG 23  
**Cheesy Penne Pasta**  
**Chicken Buffalo Wrap**  
**Ham & Turkey Cobb Salad** w/Flatbread

*Kolaches* AUG 24  
**Chicken Tater Nacho Bites** w/Tortilla Chips  
**Cheese Wrap**  
**Chicken Ranch Salad** w/Pretzel

*Breakfast Pizza* AUG 18  
**General Tso Chicken** w/Broccoli & Rice  
**Cheese Sub Sandwich**  
**Taco Salad** w/Tortilla Crisps

*Sausage, Egg & Cheese Burrito* AUG 28  
**Mozzarella Cheese Sticks** w/Marinara Sauce  
**Santa Fe Turkey Wrap**  
**Chicken Chef Salad** w/Pretzel Roll

*Pancake-on-a-stick* AUG 29  
**Cajun Meatball Stew** w/Roll  
**Ham & Cheese Sandwich**  
**Nacho Chicken Salad** w/Tortilla Crisps

*Breakfast Pizza* AUG 30  
**Oriental Chicken** w/Broccoli & Rice  
**Tuna Salad Sandwich**  
**Romaine & Cheese Salad** w/Pretzel

*French Toast Sticks* AUG 31  
**Spaghetti Carbonara** w/Bacon & Chicken  
**Ham & Cheese Wrap**  
**Turkey Chef Salad** w/Roll

*Ham, Egg & Cheese Flatbread* SEP 1  
**Chana Masala** w/Rice  
**Turkey Sandwich**  
**Ham Chef Salad** w/Flatbread

**SCHOOL HOLIDAY**  
**LABOR DAY**

*Chocolate Glazed Donut* SEP 4  
**Pancakes** & Sausage  
**Turkey Sandwich**  
**Kickin' Pinto Salad** w/Tortilla Crisps

*Kolaches* SEP 5  
**Chicken Nugget & Cream Gravy** Bowl w/Tortilla Crisps  
**Buffalo Chicken Wrap**  
**Ham & Turkey Cobb Salad** w/Pretzel

*Scrambled Eggs, Hashbrowns & Toast* SEP 6  
**Chili Mac Pasta** w/Bstck  
**Ham & Turkey Sandwich**  
**Fresh Apple & Cheese Plate** w/Cinnamon Tortilla Crisps

*Banana Muffin* SEP 7  
**Roast Turkey** w/Stuffing & Gravy  
**Ham & Cheese Sandwich**  
**Popcorn Chicken Salad** w/Goldfish Crackers

*Waffle & Syrup* SEP 8  
**Chicken & Ham**  
**Jambalaya Stew w/Rice**  
**Turkey & Cheese Wrap**  
**Bean Nacho Salad** w/Tortilla Chips

*Omelet, Hashbrown & Toast* SEP 11  
**Chicken Drumstick** w/Roll  
**Ham Sandwich**  
**Veggie Baja Salad** w/Pretzels

*Sausage, Egg & Cheese Burrito* SEP 12  
**Fish Sticks** w/Mac & Cheese  
**Ham & Turkey Sandwich**  
**Turkey Chef Salad** w/Roll

*French Toast Sticks* SEP 13  
**Chicken Drumstick** w/Corn Muffin  
**Ham Sandwich**  
**Beef Nacho Salad** w/Tortilla Chips

*Breakfast Pizza* SEP 14  
**Bean & Rice Tortilla Bowl**  
**Tuna Salad Sub**  
**Popcorn Chicken Salad** w/Flatbread

*Biscuits & Gravy* SEP 15  
**Sweet & Sour Popcorn Chicken** w/Broccoli & Egg Roll  
**Ham Wrap**  
**Tuna Platter** w/Pretzel Roll

*Pancake-on-a-stick* SEP 18  
**Rotini & Marinara** w/Breadstick  
**Turkey Wrap**  
**Chicken Caesar Salad** w/Goldfish Crackers

*Egg & Ham Flatbread* SEP 19  
**Baked Potato** w/Cheese & Broccoli & Pretzel  
**Egg Salad Sandwich**  
**Ham & Turkey Chef Salad** w/Flatbread

*Blueberry Muffin* SEP 20  
**Soup, Chili** w/Tortilla Crisps  
**Chicken Salad Sandwich**  
**Egg Chef Salad** w/Roll

*Breakfast Pizza* SEP 21  
**General Tso Popcorn Chicken** w/Broccoli & Rice  
**Cheese Sub Sandwich**  
**Taco Salad** w/Tortilla Crisps

*END OF FIRST SIX-WEEKS*

**GRILL SELECTIONS**  
**Premium Chicken Sandwich**  
**Hamburger**  
**Cheeseburger**  
**Corn Dog**  
**Chicken Tenders w/Roll**

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**PIZZA**  
**Cheese** w/Breadstick  
**Pepperoni** w/Breadstick

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**MADE-TO-ORDER MEXICAN BAR**  
**Tortilla Chips Ground Beef**  
**Fajita Chicken Beans**  
**Cheese** • Jalapeños • Salsa  
**Tomato** • Lettuce

**MADE-TO-ORDER SANDWICH BAR**  
**Sub Bread Turkey Ham**  
**Cheese** • Tomato • Lettuce  
**Pickles** • Banana Peppers

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### BREAKFAST CHOICES

**ON THE MENU**  
*Daily Featured Entrée*  
**CEREALS EVERYDAY**  
*Coco Puffs • Lucky Charms*  
*Cinnamon Toast Crunch*  
**TUESDAY & THURSDAY**  
*Hot Oatmeal w/String Cheese & Animal Crackers*  
**WEDNESDAY**  
*Waffle & Syrup*

### 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

**everyday lunch choice:**  
**SunButter & Jelly Sandwich**

**additional selections everyday!**

**LOOK for FUEL**  
**for FUEL days and check out new entrées!**

### everyday sides

*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 Zucchini & Squash • 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.

