

# Bundle up & get cozy!

## November 6 – December 21

# INTERMEDIATE



**READING THE MENU BREAKFAST:**  
Traditional Breakfast is listed in purple

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!

Check your school's calendar for your **THANKSGIVING & HOLIDAY LUNCHESES!**  
On your dates, the following menu will be served:  
Turkey & Dressing w/Gravy  
Mashed Sweet Potatoes  
Green Beans  
Roll & Dessert  
Parents & Guardians are invited to share a meal with their student.

WINTER HOLIDAYS  
**Be safe, have fun, see you next year!**  
Spring semester starts Monday, January 8, 2018

**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  |
|---|---|---|--|---|
| <b>Ham, Egg &amp; Cheese Burrito</b><br><i>Assorted Cereals</i><br><b>Mozzarella Cheese Sticks</b> w/Marinara Sauce<br><b>Chicken Nuggets</b> w/Bstick<br><b>SantaFeTurkey Wrap</b><br><b>Chicken Chef Salad</b> w/Pretzel Roll | <i>Pancake-on-a-Stick</i><br><i>Cereal or Hot Oatmeal</i><br><b>Cajun Meatball Stew</b> w/Roll<br><b>Chicken Sandwich</b><br><b>Ham &amp; Cheese Sandwich</b><br><b>Nacho Chicken Salad</b> w/Tortilla Crisps                 | <i>Breakfast Pizza</i><br><i>Assorted Cereals</i><br><b>Oriental Chicken</b> w/Broccoli & Rice<br><b>Hamburger/Cheeseburger</b><br><b>Tuna Salad Sandwich</b><br><b>Romaine &amp; Cheese Salad</b> w/Pretzel  | <i>French Toast Sticks</i><br><i>Cereal or Hot Oatmeal</i><br><b>Spaghetti Carbonara</b> w/Bacon & Chicken<br><b>Hot Dog</b><br><b>Ham &amp; Cheese Wrap</b><br><b>Turkey Chef Salad</b> w/Roll          | <b>Ham, Egg &amp; Cheese Flatbread</b><br><i>Assorted Cereals</i><br><b>Cheese Pizza</b><br><b>Fish Melt Sandwich</b><br><b>Turkey Sandwich</b><br><b>Ham Chef Salad</b> w/Flatbread              |
| <i>Bacon, Egg &amp; Cheese Flatbread</i><br><i>Assorted Cereals</i><br><b>Salisbury Steak</b> w/Gravy & Noodles<br><b>Chicken Nuggets</b> w/Bstick<br><b>Egg Salad</b> Sub<br><b>Diced Chicken Salad</b> w/Cheese & Roll        | <i>Kolaches</i><br><i>Cereal or Hot Oatmeal</i><br><b>Chicken Nugget &amp; Country Gravy</b> Bowl w/Tortilla Crisps<br><b>Chicken Sandwich</b><br><b>Buffalo Chicken Wrap</b><br><b>Ham &amp; Turkey Cobb Salad</b> w/Pretzel | <i>Scrambled Eggs, Hashbrowns &amp; Toast</i><br><i>Assorted Cereals</i><br><b>ChiliMac Pasta</b> w/Bstick<br><b>Hamburger/Cheeseburger</b><br><b>Ham &amp; Turkey Sandwich</b><br><b>Fresh Apple &amp; Cheese Plate</b> w/Cinnamon Tortilla Crisps | <i>Banana Muffin</i><br><i>Cereal or Hot Oatmeal</i><br><b>Roast Turkey</b> w/Stuffing & Gravy<br><b>Hot Dog</b><br><b>Ham &amp; Cheese Sandwich</b><br><b>Popcorn Chicken Salad</b> w/Goldfish Crackers | <i>Waffle &amp; Syrup</i><br><i>Assorted Cereals</i><br><b>Cheese Pizza</b><br><b>Chicken PhillySteak Sandwich</b><br><b>Turkey &amp; Cheese Wrap</b><br><b>Bean Nacho Salad</b> w/Tortilla Chips |
| <i>Chocolate Glazed Donut</i><br><i>Assorted Cereals</i><br><b>Pancakes &amp; Sausage</b><br><b>Chicken Nuggets</b> w/Breadstick<br><b>Turkey Sandwich</b><br><b>Kickin Pinto Salad</b> w/Tortilla Crisps                       | <i>Sausage, Egg &amp; Cheese Burrito</i><br><i>Cereal Oatmeal</i><br><b>Fish Sticks</b> w/Mac & Cheese<br><b>Chicken Sandwich</b><br><b>Ham &amp; Turkey Sandwich</b><br><b>Turkey Chef Salad</b> w/Roll                      | <b>SCHOOL HOLIDAYS</b><br><b>Happy Thanksgiving!</b>  |  |   |
| <i>Omelet, Hashbrown &amp; Toast</i><br><i>Assorted Cereals</i><br><b>Chicken Drumstick</b> w/Roll<br><b>Chicken Nuggets</b> w/Breadstick<br><b>Ham Sandwich</b><br><b>Veggie Baja Salad</b> w/Pretzels                         | <i>Pancake-on-a-stick</i><br><i>Cereal or Hot Oatmeal</i><br><b>Rotini &amp; Marinara</b> w/Breadstick<br><b>Chicken Sandwich</b><br><b>Turkey Wrap</b><br><b>Chicken Caesar Salad</b> w/Goldfish Crackers                    | <i>Egg &amp; Ham Flatbread</i><br><i>Assorted Cereals</i><br><b>Baked Potato</b> w/Broccoli & Cheese & Pretzel<br><b>Hamburger/Cheeseburger</b><br><b>Egg Salad Sandwich</b><br><b>Ham &amp; Turkey Chef Salad</b> w/Flatbread                      | <i>Blueberry Muffin</i><br><i>Cereal or Hot Oatmeal</i><br><b>Soup, Chili</b> w/Tortilla Crisps<br><b>Hot Dog</b><br><b>Chicken Salad Sandwich</b><br><b>Egg Chef Salad</b> w/Roll                       | <i>Breakfast Pizza</i><br><i>Assorted Cereals</i><br><b>Pepperoni Pizza</b><br><b>Cheese Melt</b><br><b>Cheese Sub Sandwich</b><br><b>Taco Salad</b> w/Tortilla Crisps                            |
| <i>Waffle &amp; Syrup</i><br><i>Assorted Cereals</i><br><b>Meatloaf</b> w/Gravy & Roll<br><b>Chicken Nuggets</b> w/Breadstick<br><b>Turkey Sandwich</b><br><b>Fruit, Cheese &amp; Yogurt Platter</b> w/Cinnamon Tortilla Crisps | <i>Bacon, Egg &amp; Cheese Flatbread</i><br><i>Cereal or Hot Oatmeal</i><br><b>Popcorn Chicken Bowl</b> w/Mini Pretzels<br><b>Chicken Sandwich</b><br><b>Egg Salad Sandwich</b><br><b>Tuna Salad Platter</b> w/Roll           | <i>Pancakes &amp; Syrup</i><br><i>Assorted Cereals</i><br><b>Cheesy Penne Pasta</b><br><b>Hamburger/Cheeseburger</b><br><b>Chicken Buffalo Wrap</b><br><b>Ham &amp; Turkey Cobb Salad</b> w/Flatbread   | <i>Kolaches</i><br><i>Cereal or Hot Oatmeal</i><br><b>Chicken Tater Nacho Bites</b> w/Tortilla Chips<br><b>Hot Dog</b><br><b>Cheese Wrap</b><br><b>Chicken Ranch Salad</b> w/Pretzel                     | <i>Biscuits &amp; Gravy</i><br><i>Assorted Cereals</i><br><b>Cheese Pizza</b><br><b>BBQ Rib on a Bun</b><br><b>Ham &amp; Cheese Sub</b><br><b>Popcorn Chicken Salad</b> w/Pretzel Roll            |
| <b>Ham, Egg &amp; Cheese Burrito</b><br><i>Assorted Cereals</i><br><b>Mozzarella Cheese Sticks</b> w/Marinara Sauce<br><b>Chicken Nuggets</b> w/Bstick<br><b>SantaFeTurkey Wrap</b><br><b>Chicken Chef Salad</b> w/Pretzel Roll | <i>Pancake-on-a-Stick</i><br><i>Cereal or Hot Oatmeal</i><br><b>Cajun Meatball Stew</b> w/Roll<br><b>Chicken Sandwich</b><br><b>Ham &amp; Cheese Sandwich</b><br><b>Nacho Chicken Salad</b> w/Tortilla Crisps                 | <i>Breakfast Pizza</i><br><i>Assorted Cereals</i><br><b>Oriental Chicken</b> w/Broccoli & Rice<br><b>Hamburger/Cheeseburger</b><br><b>Tuna Salad Sandwich</b><br><b>Romaine &amp; Cheese Salad</b> w/Pretzel  | <i>French Toast Sticks</i><br><i>Cereal or Hot Oatmeal</i><br><b>Spaghetti Carbonara</b> w/Bacon & Chicken<br><b>Hot Dog</b><br><b>Ham &amp; Cheese Wrap</b><br><b>Turkey Chef Salad</b> w/Roll          | <b>Ham, Egg &amp; Cheese Flatbread</b><br><i>Assorted Cereals</i><br><b>Cheese Pizza</b><br><b>Fish Melt Sandwich</b><br><b>Turkey Sandwich</b><br><b>Ham Chef Salad</b> w/Flatbread              |
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**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.