

Moving into the Holidays!

November 6 – December 21



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

WHOA

MONDAY

Assorted Cereals

Premium Chicken Sandwich
SunButter & Jelly Sandwich

Sausage, Egg & Cheese Burrito NOV 6
Mozzarella Cheese Sticks w/Marinara Sauce
SantaFeTurkey Wrap
Chicken Chef Salad w/Pretzel Roll

Bacon, Egg & Cheese Flatbread NOV 13
Salisbury Steak w/Gravy & Parsley Noodles
Egg Salad Sub
Chicken & Cheese Salad

Chocolate Glazed Donut NOV 20
Pancakes & Sausage
Turkey Sandwich
Kickin' Pinto' Salad w/Tortilla Crisps

Omelet, Hashbrown & Toast NOV 27
Chicken Drumstick w/Roll
Ham Sandwich
Veggie Baja Salad w/Pretzels

Waffle & Syrup DEC 4
Meatloaf w/Gravy & Roll
Turkey Sandwich
Fruit, Cheese & Yogurt Platter w/Cinnamon Tortilla Crisps

Sausage, Egg & Cheese Burrito DEC 11
Mozzarella Cheese Sticks w/Marinara Sauce
SantaFeTurkey Wrap
Chicken Chef Salad w/Pretzel Roll

Bacon, Egg & Cheese Flatbread DEC 18
Salisbury Steak w/Gravy & Parsley Noodles
Egg Salad Sub
Chicken & Cheese Salad

MADE-TO-ORDER MEXICAN BAR mon
Tortilla Chips Ground Beef
Fajita Chicken Beans
Cheese • Jalapeños • Salsa
Tomato • Lettuce
GRILL SELECTIONS
Hamburger • Cheeseburger
Corn Dog
Chicken Tenders w/Roll
PIZZA
Cheese w/Breadstick
Pepperoni w/Breadstick

TUESDAY

Cereal or Hot Oatmeal

Premium Spicy Chicken Sandwich
SunButter & Jelly Sandwich

Pancake-on-a-Stick NOV 7
Cajun Meatball Stew w/Roll
Ham & Cheese Sandwich
Nacho Chicken Salad w/Tortilla Crisps

Kolaches NOV 14
Chicken Nugget & Cream Gravy Bowl w/Tortilla Crisps
Buffalo Chicken Wrap
Ham & Turkey Cobb Salad w/Pretzel

Sausage, Egg & Cheese Burrito NOV 21
Fish Sticks w/Mac & Cheese
Ham & Turkey Sandwich
Turkey Chef Salad w/Roll

Pancake-on-a-stick NOV 28
Rotini & Marinara w/Breadstick
Turkey Wrap
Chicken Caesar Salad w/Goldfish Crackers

Bacon, Egg & Cheese Flatbread DEC 5
Popcorn Chicken Bowl w/Mini Pretzels
Egg Salad Sandwich
Tuna Salad Platter w/Roll

Pancake-on-a-Stick DEC 12
Cajun Meatball Stew w/Roll
Ham & Cheese Sandwich
Nacho Chicken Salad w/Tortilla Crisps

Kolaches DEC 19
Chicken Nugget & Cream Gravy Bowl w/Tortilla Crisps
Buffalo Chicken Wrap
Ham & Turkey Cobb Salad w/Pretzel

MADE-TO-ORDER SANDWICH BAR tue
Sub Bread Turkey Ham
Cheese • Tomato • Lettuce
GRILL SELECTIONS
Hamburger • Cheeseburger
Corn Dog
Chicken Tenders w/Roll
PIZZA
Cheese w/Breadstick
Pepperoni w/Breadstick

WEDNESDAY

Assorted Cereals

Premium Chicken Sandwich
SunButter & Jelly Sandwich

Breakfast Pizza NOV 8
Oriental Chicken w/Broccoli & Rice
Tuna Salad Sandwich
Romaine & Cheese Salad w/Pretzel

Scrambled Eggs, Hashbrowns & Toast NOV 15
Chili Mac Pasta w/Bstick
Ham & Turkey Sandwich
Fresh Apple & Cheese Plate w/Cinnamon Tortilla Crisps

Egg & Ham Flatbread NOV 22
Baked Potato w/Cheese & Broccoli & Pretzel
Egg Salad Sandwich
Ham & Turkey Chef Salad w/Flatbread

Pancakes & Syrup DEC 6
Cheesy Penne Pasta
Chicken Buffalo Wrap
Ham & Turkey Cobb Salad w/Flatbread

Breakfast Pizza DEC 13
Oriental Chicken w/Broccoli & Rice
Tuna Salad Sandwich
Romaine & Cheese Salad w/Pretzel

Scrambled Eggs, Hashbrowns & Toast DEC 20
Chili Mac Pasta w/Bstick
Ham & Turkey Sandwich
Fresh Apple & Cheese Plate w/Cinnamon Tortilla Crisps

MADE-TO-ORDER MEXICAN BAR wed
Tortilla Chips Ground Beef
Fajita Chicken Beans
Cheese • Jalapeños • Salsa
Tomato • Lettuce
GRILL SELECTIONS
Hamburger • Cheeseburger
Corn Dog
Chicken Tenders w/Roll
PIZZA
Cheese w/Breadstick
Pepperoni w/Breadstick

WAFFLE WEDNESDAY!

THURSDAY

Cereal or Hot Oatmeal

Premium Spicy Chicken Sandwich
SunButter & Jelly Sandwich

French Toast Sticks NOV 9
Spaghetti Carbonara w/Bacon & Chicken
Ham & Cheese Wrap
Turkey Chef Salad w/Roll

Banana Muffin NOV 16
Roast Turkey w/Stuffing & Gravy
Ham & Cheese Sandwich
Popcorn Chicken Salad w/Goldfish Crackers

Blueberry Muffin NOV 30
Soup, Chili w/Tortilla Crisps
Chicken Salad Sandwich
Egg Chef Salad w/Roll

Kolaches DEC 7
Chicken Tater Nacho Bites w/Tortilla Chips
Cheese Wrap
Chicken Ranch Salad w/Pretzel Roll

French Toast Sticks DEC 14
Spaghetti Carbonara w/Bacon & Chicken
Ham & Cheese Wrap
Turkey Chef Salad w/Roll

Banana Muffin DEC 21
Roast Turkey w/Stuffing & Gravy
Ham & Cheese Sandwich
Popcorn Chicken Salad w/Goldfish Crackers

MADE-TO-ORDER SANDWICH BAR thr
Sub Bread Turkey Ham
Cheese • Tomato • Lettuce
GRILL SELECTIONS
Hamburger • Cheeseburger
Corn Dog
Chicken Tenders w/Roll
PIZZA
Cheese w/Breadstick
Pepperoni w/Breadstick

FRIDAY

Assorted Cereals

Premium Chicken Sandwich
SunButter & Jelly Sandwich

Ham, Egg & Cheese Flatbread NOV 10
Chana Masala w/Rice
Turkey Sandwich
Ham Chef Salad w/Flatbread

Waffle & Syrup NOV 17
Chicken & Ham
Jambalaya Stew w/Rice
Turkey & Cheese Wrap
Bean Nacho Salad w/Tortilla Chips

Breakfast Pizza DEC 1
General Tso Popcorn
Chicken w/Broccoli & Rice
Cheese Sub Sandwich
Taco Salad w/Tortilla Crisps

Biscuits & Gravy DEC 8
Cajun Chili Fries Bowl w/Flatbread
Ham & Cheese Sub
Popcorn Chicken Salad w/Pretzel Roll

Ham, Egg & Cheese Flatbread DEC 15
Chana Masala w/Rice
Turkey Sandwich
Ham Chef Salad w/Flatbread

Winter holidays start now – see you January! DEC 22

MADE-TO-ORDER MEXICAN BAR fri
Tortilla Chips Ground Beef
Fajita Chicken Beans
Cheese • Jalapeños • Salsa
Tomato • Lettuce
GRILL SELECTIONS
Hamburger • Cheeseburger
Corn Dog
Chicken Tenders w/Roll
PIZZA
Cheese w/Breadstick
Pepperoni w/Breadstick

EVERYDAY LUNCH CHOICES

Canyon ISD Meal Prices 2017-2018

BREAKFAST
Student & Child Visitors\$1.30
Reduced30¢
Faculty/Staff & Adult Visitors\$1.90

LUNCH
Elementary (K-4th)...\$2.10
Students 5th-12th ..\$2.30
Reduced40¢
Faculty/Staff\$3.00

SCHOOL HOLIDAYS — Happy Thanksgiving!

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



Check your school's calendar for your **THANKSGIVING & HOLIDAY LUNCHES!**
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.

MORE EVERYDAY LUNCH CHOICES

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 • 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.

