

# Spring semester begins!

## January 8 – February 15

# 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Waffle &amp; Syrup</b> <i>Assorted Cereals</i> <b>Meatloaf • w/Gravy • &amp; Roll</b> <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>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
<b>STUDENT HOLIDAY</b>	<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
<i>Bacon, Egg &amp; Cheese Flatbread</i> <i>Assorted Cereals</i> <b>Salisbury Steak</b> w/Gravy & Noodles <b>Chicken Nuggets</b> w/Bstick <b>Egg Salad</b> Sub <b>Diced Chicken Salad</b> w/Cheese & Roll	<i>Kolaches</i> <i>Cereal or Hot Oatmeal</i> <b>Chicken Nugget &amp; Country Gravy</b> 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>ChiliMac 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 &amp; PhillySteak Sandwich</b> <b>Turkey &amp; Cheese Wrap</b> <b>Bean Nacho Salad</b> w/Tortilla Chips
<i>Chocolate Glazed Donut</i> <i>Assorted Cereals</i> <b>Pancakes &amp; Sausage</b> <b>Chicken Nuggets</b> w/Breadstick <b>Turkey Sandwich</b> <b>Kickin' Pinto' Salad</b> w/Tortilla Crisps	<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>Breaded 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
<b>Waffle &amp; Syrup</b> <i>Assorted Cereals</i> <b>Meatloaf • w/Gravy • &amp; Roll</b> <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>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	<b>STUDENT HOLIDAY</b>

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

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

### Canyon ISD Meal Prices 2017-2018

<b>BREAKFAST</b>	
Student & Child Visitors .....	\$1.30
Reduced .....	30¢
Faculty/Staff & Adult Visitors .....	\$1.90
<b>LUNCH</b>	
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.

END OF FOURTH GRADING PERIOD