

spring break is coming!
February 20 – April 6



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

FEB 19

STUDENT HOLIDAY

Bacon, Egg & Cheese Flatbread
Salisbury Steak • w/Gravy & Parsley Noodles •
Chicken & Cheese Salad •

Chocolate Glazed Donut
Pancakes • & Sausage •
Kickin' Pinto' Salad •
w/Tortilla Crisps •

TUESDAY

Cereal or Hot Oatmeal

Premium Spicy Chicken Sandwich
SunButter & Jelly Sandwich

FEB 20

Pancake-on-a-Stick
Cajun Meatball Stew • w/Roll •
Ham & Cheese Sandwich •

Kolaches
Chicken Nugget • & Cream Gravy • Bowl
w/Tortilla Crisps •
Buffalo Chicken Wrap •

Sausage, Egg & Cheese Burrito
Fish Sticks •
w/Mac & Cheese •
Ham & Turkey Sandwich •

WEDNESDAY

Assorted Cereals

Premium Chicken Sandwich
SunButter & Jelly Sandwich

WAFFLES WEDNESDAY!

FEB 21

Breakfast Pizza
Oriental Chicken •
w/Broccoli & Rice •
Romaine & Cheese Salad • w/Roll •

Scrambled Eggs, Hashbrowns & Toast
Chili Mac Pasta • w/Bstick •
Fresh Apple & Cheese Plate •
w/Cinnamon Tortilla Crisps •

French Toast Sticks
Breaded Chicken
Drumstick • w/Corn Muffin •
Beef Nacho Salad •
w/Tortilla Chips •

THURSDAY

Cereal or Hot Oatmeal

Premium Spicy Chicken Sandwich
SunButter & Jelly Sandwich

FEB 22

French Toast Sticks
Spaghetti Carbonara •
w/Bacon • & Chicken •
Ham & Cheese Wrap •

Banana Muffin
Roast Turkey •
w/Stuffing • & Gravy •
Ham & Cheese Sandwich •

Breakfast Pizza
Franks & Beans •
Ham Wrap •

FRIDAY

Assorted Cereals

Premium Chicken Sandwich
SunButter & Jelly Sandwich

FEB 23

Ham, Egg & Cheese Flatbread
Chana Masala • w/Rice •
Ham Chef Salad • w/Roll •

Waffle & Syrup
Chicken • & Ham •
Jambalaya Stew w/Rice •
Popcorn Chicken Salad •
w/Goldfish Crackers •

Biscuits & Gravy
Sweet & Sour Popcorn
Chicken • w/Broccoli •
& Egg Roll •
Popcorn Chicken Salad • w/Roll •

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

March 12 – 16 • SPRING BREAK • Have a fun and safe week!

Chocolate Muffin
Meatloaf • w/Gravy • & Roll •
Fruit, Cheese & Yogurt Platter •
w/Cinnamon Tortilla Crisps •

MAR 19

STUDENT HOLIDAY
Weather Day if needed

monday

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

Bacon, Egg & Cheese Flatbread
Popcorn Chicken Bowl •
w/Mini Pretzels •
Ham & Cheese Sandwich •

MAR 20

Pancake-on-a-Stick
Cajun Meatball Stew • w/Roll •
Ham & Cheese Sandwich •

tuesday

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

Pancakes & Syrup
Cheesy Penne Pasta •
Chicken Buffalo Wrap •
Ham & Turkey Cobb Salad • w/Roll •

MAR 21

Breakfast Pizza
Oriental Chicken •
w/Broccoli & Rice •
Romaine & Cheese Salad • w/Roll •

wednesday

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

Kolaches
Chicken Tater Nacho Bites • w/Tortilla Chips •
Turkey Sandwich •

MAR 22

French Toast Sticks
Spaghetti Carbonara •
w/Bacon • & Chicken •
Ham & Cheese Wrap •

thursday

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

Biscuits & Gravy
Cajun Chili Fries Bowl • w/Roll •
Popcorn Chicken Salad • w/Roll •

MAR 23

Waffle & Syrup
Chicken • & Ham •
Jambalaya Stew w/Rice •
Popcorn Chicken Salad •
w/Goldfish Crackers •

STUDENT HOLIDAY

friday

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

Waffle & Syrup
Chicken • & Ham •
Jambalaya Stew w/Rice •
Popcorn Chicken Salad •
w/Goldfish Crackers •

APR 2

Kolaches
Chicken Nugget • & Cream Gravy • Bowl
w/Tortilla Crisps •
Buffalo Chicken Wrap •

APR 3

Scrambled Eggs, Hashbrowns & Toast
Chili Mac Pasta • w/Bstick •
Fresh Apple & Cheese Plate •
w/Cinnamon Tortilla Crisps •

APR 4

Banana Muffin
Roast Turkey •
w/Stuffing • & Gravy •
Ham & Cheese Sandwich •

APR 5

Waffle & Syrup
Chicken • & Ham •
Jambalaya Stew w/Rice •
Popcorn Chicken Salad •
w/Goldfish Crackers •

APR 6

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

side items

items rotate 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.

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To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider, employer, and lender. | November 2015

MORE EVERYDAY LUNCH CHOICES

