

# Canton Elementary Lunch Menu for October

Food Service Director: Shawna Lee  
Email: nutrition@canton.k12.pa.us  
Phone Number: 570-673-5196 X604



**What Makes a Meal?**  
You must choose at least 3 of 5 components available for the school lunch price.  
Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk  
*\*Students must choose at least one fruit or vegetable*

**Fresh Fruits and Vegetables Offered Daily**

**\*Vegetables may include:**  
Monday: Broccoli Florets  
Tuesday: Baby Carrots  
Wednesday: Dark Leafy Greens  
Thursday: Legume Salads  
Friday: Celery & Cucumber  
**\*May choose two 1/2 cup servings**

**\*Fruits may include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
**\*May choose one 1/2 cup serving**

**Milk Choices Offered Daily**  
Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
Fresh Produce from Local Farms based on crop availability Whole Grains Available Daily Recipe of the Month	<p>On October 23rd we will be doing Apple Crunch Day. Students will be able to sample different locally grown apples as well as learn facts about the different kinds of apples there are!</p>	<p>On October 30th we will be having a Halloween promotion! Any student who gets lunch that day will receive a prize with their meal!</p>	10/1 Italian Chicken Primavera over Pasta and Steamed Vegetables Whole Grain Bread Banana Low Fat Milk	10/2 <b>Early Dismissal</b> Fish Sticks Peas Strawberry Cup Low Fat Milk	Peanut Butter and Jelly Sandwich Yogurt with Bread
10/5 Spaghetti with Meat Sauce Toasted Garlic Bread Seasoned Green Beans Pineapple Tidbits Low Fat Milk	10/6 Chicken and Cheese Nachos Whole Grain Bread Corn Fruited Jell-O Low Fat Milk	10/7 <b>Breakfast For Lunch</b> Pancakes Sausage Patties Tater Tots 100% Fruit Juice Low Fat Milk	10/8 Chicken Strips Buttered Noodles Peas Raisins Low Fat Milk	10/9 Cheese Steak Hoagie Seasoned Broccoli Banana Low Fat Milk	Peanut Butter and Jelly Sandwich Yogurt with Bread
10/12 <b>Early Dismissal</b> Saucy Meatballs over Noodles Toasted Garlic Bread Steamed Carrots Fresh Orange Low Fat Milk	10/13 Chicken and Gravy over Biscuits Mashed Potatoes Pears Low Fat Milk	10/14 Macaroni and Cheese Dinner Roll Stewed Tomatoes Fresh Apple Low Fat Milk 	10/15 Hot Ham and Cheese on a Bun Steamed Green Beans Mandarin Oranges Low Fat Milk	10/16 BBQ Rib Sandwich Corn Diced Peaches Low Fat Milk	Peanut Butter and Jelly Sandwich Yogurt with Bread
10/19 Taco Boat Rice Refried Beans Mixed Fruit Low Fat Milk	10/20 Chicken Cheese Steak Hoagie Peas Fresh Apple Low Fat Milk 	10/21 Jamaican Pork over Rice Whole Grain Bread Mixed Vegetables Raisins Low Fat Milk 	10/22 Chicken and Broccoli Casserole Whole Grain Bread Steamed Carrots Pineapple Tidbits Low Fat Milk	10/23 Hot Dog on a Roll Steamed Broccoli Warm Cinnamon Apples Low Fat Milk  <b>APPLE CRUNCH DAY!</b>	Peanut Butter and Jelly Sandwich Yogurt with Bread
10/26 Chili Cheese Bowl with Rice Whole Grain Bread Corn Mandarin Oranges Low Fat Milk	10/27 BBQ Chicken Hoagie Sweet Potatoes Pears Low Fat Milk	10/28 Turkey and Cheese Cosmo Peas and Carrots Fresh Apple Low Fat Milk 	10/29 Corn Dog Nuggets French Fries Peaches Low Fat Milk	10/30 <b>Early Dismissal</b> Witches Finger Chicken Fries <b>Spider Bread</b> Ghostly Green Beans <b>Goblin Grapes</b> Bat's Milk	<p>The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE</p>
<b>Monday</b> Chicken Patty on a Bun Ham and Cheese Sandwich	<b>Tuesday</b> Cheeseburger on a Bun Chef Salad with Bread	<b>Wednesday</b> Chicken Nuggets with Bread Ham and Cheese Sandwich	<b>Thursday</b> Sloppy Joe on a Bun Chef Salad with Bread	<b>Friday</b> Pizza Ham and Cheese Sandwich	<b>Lunch Prices:</b> Every student in The Canton School District qualifies for a <b>FREE</b> breakfast and a <b>FREE</b> Lunch

**MENUS SUBJECT TO CHANGE**