

Canton High School Breakfast Menu for October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Whole Grains Available Daily			10/1 Ham, Egg, and Cheese Bagel Chilled Juice Fresh Fruit Low Fat Milk	10/2 Breakfast Taco Chilled Juice Fresh Fruit Low Fat Milk
10/5 Waffles Chilled Juice Fresh Fruit Low Fat Milk	10/6 Coffee Cake Chilled Juice Fresh Fruit Low Fat Milk	10/7 Breakfast Pizza Chilled Juice Fresh Fruit Low Fat Milk	10/8 Ham, Egg, and Cheese Bagel Chilled Juice Fresh Fruit Low Fat Milk	10/9 Breakfast Taco Chilled Juice Fresh Fruit Low Fat Milk
10/12 Pancakes Chilled Juice Fresh Fruit Low Fat Milk	10/13 Sausage and Cheese Biscuit Chilled Juice Fresh Fruit Low Fat Milk	10/14 Breakfast Pizza Chilled Juice Fresh Fruit Low Fat Milk	10/15 Ham, Egg, and Cheese Bagel Chilled Juice Fresh Fruit Low Fat Milk	10/16 Breakfast Taco Chilled Juice Fresh Fruit Low Fat Milk
10/19 Waffles Chilled Juice Fresh Fruit Low Fat Milk	10/20 Coffee Cake Chilled Juice Fresh Fruit Low Fat Milk	10/21 Breakfast Pizza Chilled Juice Fresh Fruit Low Fat Milk	10/22 Ham, Egg, and Cheese Bagel Chilled Juice Fresh Fruit Low Fat Milk	10/23 Breakfast Taco Chilled Juice Fresh Fruit Low Fat Milk
10/26 Pancakes Chilled Juice Fresh Fruit Low Fat Milk	10/27 Sausage and Cheese Biscuit Chilled Juice Fresh Fruit Low Fat Milk	10/28 Breakfast Pizza Chilled Juice Fresh Fruit Low Fat Milk	10/29 Ham, Egg, and Cheese Bagel Chilled Juice Fresh Fruit Low Fat Milk	10/30 Breakfast Taco Chilled Juice Fresh Fruit Low Fat Milk

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

- Whole Grain Cereal with Toast
- Assorted Muffins
- Chocolate Chip Oatmeal Breakfast Bar
- Banana Chocolate Chunk Breakfast Bar
- Fortified Breakfast Pastries
- Warm Bagels
- Yogurt & Toast

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Fat Free White and Low Fat White

Proud to manage your food service program



Meal Prices:
 Every student in The Canton Area School District is Entitled to a FREE breakfast and a FREE lunch!

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

MENUS SUBJECT TO CHANGE