

Canton High School May 2024

Grab and Go Daily Choices:

- Chicken Patty Sandwich
- All Beef Hot Dog
- French Bread Pizza
- Hamburger/Cheeseburger
- Veggie Burger
- Power Pack- Cheese or Hummus- Crackers
- Sunflower Seeds-Veggie Sticks, Raisins, Milk

Meal Prices

- Second Lunch \$3.80
- A-la-carte Milk \$.75
- A-la-carte Water \$1.25
- Snack Bar** A-La-Carte Various Prices

Meals are Free for All Students



Food Allergies

If your child has a food allergy and will be eating lunch please contact your child's School Nurse and The Food Service Director. A Doctor's Note will be required

Deli Bar

Sandwiches and Wraps Made to Order

Monday	5/6	Tuesday	5/7	Wednesday	5/8	Thursday	5/9	Friday	5/10
Spicy Chicken Sandwich Sweet Corn Curley Fries Kale Salad with Cranberries Strawberries Chicken Tenders/Roll Hot Sauce		Croissant Sandwich Ham and Cheese Potato Wedges Green Beans Watermelon Gluten Free Ham and Cheese		Canton's Own Pizza Cheese or Veggie Veggie Sticks Carrots Pears Fresh Fruit Fresh Fruit Gluten Free Pizza		Grilled Chicken Caesar Salad Pita Bread Sweet Corn Chips Mixed Fruit Cup Fresh Fruit Gluten Free Caesar Salad		Early Release Today Breakfast Served	
Monday	5/13	TUESDAY	5/14	WEDNESDAY	5/15	THURSDAY	16-May	Friday	5/17
Chicken Tenders Potato Smiles Kale Salad with Cranberries Peaches Fresh Fruit Gluten Free Chicken Tenders		Pasta and Meatballs Garlic Bread Green Beans Pepper Strips Fresh Fruit Gluten Pasta and Meatballs		Bacon Cheeseburger Baked Beans Sweet Potato Fries Lettuce Tomato Fresh Fruit Gluten Free Cheese Burger		Chicken Fajita Roasted Pepper and Onion Black Beans Salsa Sour Cream Mixed Fruit Cup Fresh Fruit Grilled Chicken Sandwich		Canton's Cheese or BBQ Chicken Pizza Garden Salad Ranch Dressing Veggie Sticks Pears Fresh Fruit Gluten Free Pizza	
MONDAY	5/20	TUESDAY	5/21	WEDNESDAY	5/22		5/23	Friday	5/24
Macaroni and Cheese Fresh Baked Dinner Roll Green Peas Watermelon Fresh Fruit Gluten Free Chicken Tenders		Chicken Tenders Seasoned Potato Wedges Sweet Corn Whole Wheat Dinner Roll Ranch BBQ Hot or Sweet and Sour Sauce Applesauce Fresh Fruit Gluten Free Chicken Tenders		French Toast Sticks Jones Chicken Sausage Carrots Tater Tots Applesauce Fresh Fruit Gluten Free Pancakes Sausage		BBQ Rib Sandwich or All Beef Hot Dog Chips Cole Slaw Baked Beans Garden Salad/ Ranch Dressing Fresh Fruit Gluten Free Beef Hot Dog		Deep Dish Pizza Cheese or Pepperoni Caesar Salad Carrots Pears Fresh Fruit Gluten Free Pizza	
MONDAY	5/27	TUESDAY	5/28	WEDNESDAY	5/29	THURSDAY	5/30	FRIDAY	5/31
 Memorial Day No School		Italian Sampler Meatballs Mozzarella Stick Marinara Sauce Garlic Bread Green Beans Local Apples Milk Gluten Free Meatballs and Marinara		Popcorn Chicken Sweet Corn Potatoes Gravy Dinner Roll Raisins Fresh Fruit Gluten Free Burger		Walden Local Hamburger-Cheeseburger Bacon Baked Beans Lettuce-Tomato Pickles Chips Peaches Fresh Fruit Milk Gluten Free Cheeseburger		Canton's Own Pizza Garden Salad Balsamic Dressing Roasted Broccoli Pears Fresh Fruit Gluten Free Pizza	



All Meals Offered are Nutritionally Balanced and Include 5 Components Meat/Meat Alternate, Vegetable, Fruit, Grain and Milk.
We support and encourage students to make food selections from each of the Components offered every Day!
Selecting at least 3 components and having at least one component be a fruit or vegetable serving makes it a Reimbursable Meal!

Martha Lawless 781-821-5060 ext. 1246

This institution is an equal opportunity provider.