

CANTON HIGH SCHOOL MENU

September 2010



DELI BAR \$2.50

Made to order Ham Turkey
Roast Beef or Tuna
Lettuce Tomato Cheese
Assorted Breads
Dill Pickles Chips





GRILL etc... \$2.25

Meatball sub
Pizza
Bagel w/ PBJ or Cream cheese
Quesadilla Chicken and Cheese

SALAD BAR \$2.50



ALL LUNCHES INCLUDE MILK AND CHOICE OF JUICE, FRUIT AND /OR VEGETABLE

| MONDAY | 9/6 | TUESDAY | 9/7 | WEDNESDAY | 9/8 | THURSDAY | 9/9 | FRIDAY | 9/10 |
|--|------|---|------|--|------|---|------|--|------|
| Labor Day No School | | Grilled Chicken Caesar Salad Brown Rice Pilaf Sweet Corn Pita Bread Peaches Fresh Fruit Pudding  | | French Bread Pizza Vegetable Sticks Veggie Sticks/Hummus Dip Blueberry Pie Crisp Fresh Fruit | | Rosh Hashanah No School | | Rosh Hashanah No School | |
| MONDAY | 9/13 | TUESDAY | 9/14 | WEDNESDAY | 9/15 | THURSDAY | 9/16 | FRIDAY | 9/17 |
| Chicken Parmesan Sandwich Baked Potato Wedges Garden Salad Pears Fresh Fruit | | Philly Steak and Cheese Sub Peppers Onions Mushrooms or Ham and Cheese Bagel Pasta Salad Peaches Fresh Fruit  | | Wraps Buffalo Chicken Wrap or Grilled Cheese Lettuce and Tomato Corn Steamed White Rice Applesauce/Fresh Fruit | | Pasta and Meat sauce Seasoned Green Beans Garden Salad Scali Bread/Smart Balance Peaches Fresh Fruit  | | Homemade Pizza Homemade Fresh Baked Cheese or Pepperoni or Baked Cheese Ravioli/Roll Veggie Sticks Cranberry Chocolate Walnut Trail Mix Fresh Fruit  | |



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go to www.cantonma.org for information

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DAILY FARE \$2.25
 Featured lunch of the day

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| MONDAY | 9/20 | TUESDAY | 9/21 | WEDNESDAY | 9/22 | THURSDAY | 9/23 | FRIDAY | 9/24 |
|--|------|---|------|---|------|---|------|---|------|
| Mozzarella Sticks / Sauce Whole Wheat Rotini Sweet Green Peas Garlic Bread Peaches Fresh Fruit Trail Mix | | Spicy Chicken Sandwich or Ham and Cheese Croissant Baked Potato Wedges Veggie Sticks-Hummus Dip Mixed Fruit Fresh Fruit | | Grilled Chicken Caesar Salad Brown Rice Pilaf Sweet Corn Pita Bread Pears Fresh Fruit Pudding | | Nacho Plate Seasoned Beef Nacho Cheese Sauce Lettuce Tomato Salsa Corn Cinnamon Applesauce Fresh Fruit | | Homemade Pizza Cheese or BBQ Chicken or Grilled Cheese Sandwich Garden Salad Peaches Fresh Fruit Apple Crisp | |
| | | | |  | | | |  | |
| MONDAY | 9/27 | TUESDAY | 9/28 | WEDNESDAY | 9/29 | THURSDAY | 9/30 | | |
| Pasta and Meatballs Seasoned Green Beans Garden Salad Whole Wheat Dinner Roll/Smart Balance Peaches Fresh Fruit | | Hamburger or Cheeseburger Lettuce and Tomato Pickles Onions Sauce Baked Potato Wedges Veggie Sticks Pears Fresh Fruit | | Wraps Buffalo Chicken Wrap or Ham and Cheese Croissant Lettuce and Tomato Sweet Green Peas Steamed White Rice Cinnamon Apple Slices | | BBQ Rib Sandwich or Ham and Cheese Bagel Baked Beans Corn Cinnamon Applesauce Fresh Fruit Graham Crackers | |  | |