

## Meals Are Free For All Students This Year!

### Canton High School February 2024 ❤️



Pre-Pay into your Child's account:

[myschoolbucks.com](https://myschoolbucks.com)



#### Meal Prices

Second Lunch \$3.80

A-la-carte Milk \$.75

A-la-carte Water \$1.25

Snack Bar A-La-Carte Various Prices

#### 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


#### Deli Bar

Sandwiches and Wraps Made to Order

#### 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.

#### Gluten Free Meals Highlighted

MONDAY		2/5	TUESDAY	2/6	WEDNESDAY	2/7	THURSDAY	2/8	Friday	2/9	
<b>General Tso's Chicken</b> Steamed Rice   Broccoli Pineapple Chunks Fresh Fruit   Milk			<b>Crispy Chicken Wrap</b> Brown Rice Corn Lettuce   Tomato Fresh Fruit   Milk			<b>Nacho Plate</b> Seasoned Beef   Cheese Sauce Sweet Corn   Black Beans Corn Chips   Salsa   Jalapenos			<b>Canton's Own Pizza Cheese or Veggie</b> Caesar Salad Green Beans Pears   Fresh Fruit   Milk		Early Release Breakfast Served
Gluten Free Chicken Tenders			Gluten Free Chicken Tenders			Gluten Free Cheeseburger			Gluten Free Pizza		
MONDAY		2/12	TUESDAY	2/13	WEDNESDAY	2/14	THURSDAY	2/15	Friday	2/16	
<b>French Toast Sticks</b> Jones Chicken Sausage Carrots   Tater Tots Orange Juice Fresh Fruit   Milk			<b>Popcorn Chicken</b> Sweet Corn   Potatoes Gravy Dinner Roll Raisins Fresh Fruit   Milk			<b>Italian Sampler</b> Meatballs   Mozzarella Sticks   Marinara Sauce Garlic Bread Sweet Corn   Milk   Apples Gluten Free   Meatballs and Marinara			<b>Chicken Fajita Wrap</b> Roasted Red Peppers and Onions Black Beans   Corn   Salsa   Sour Cream Fresh Fruit		<b>Canton's   Own Pizza Cheese or BBQ Chicken</b> Garden Salad   Ranch Dressing Veggie Sticks   Hummus Pears Fresh Fruit   Milk
Gluten Free   Pancakes Sausage			Gluten Free Chicken Tenders			Gluten Free Chicken Tenders			Gluten Free Pizza		
<div>Vacation   February 19 - 23, 2024</div> <div></div>											
MONDAY		2/26	TUESDAY	2/27	WEDNESDAY	2/28	THURSDAY	2/29	Friday	3/1	
<b>Macaroni and Cheese</b> Seasoned Fries Green Peas Peaches Fresh Fruit   Milk			<b>Walden   Local</b> <b>Hamburger or Cheeseburger</b> <b>Lettuce- Tomato- Pickles- Chips</b> <b>Cucumber Wheels   Fresh Fruit</b>			<b>French Toast Sticks</b> Jones Chicken Sausage Carrots   Tater Tots Orange Juice Fresh Fruit   Milk			<b>Popcorn Chicken</b> Sweet Corn   Potatoes Gravy Dinner Roll Raisins Fresh Fruit   Milk		<b>Canton's   Own Pizza Cheese or BBQ Chicken</b> Garden Salad   Ranch Dressing Veggie Sticks   Hummus Pears Fresh Fruit   Milk
Gluten Free Macaroni and Cheese			Gluten Free Burger			Gluten Free   Pancakes Sausage			Gluten Free Chicken Tenders		

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!

*This institution is an equal opportunity provider*

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