

Meals Are Free For All Students This Year

Canton High School January 2024



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 In Blue and can be picked up at the Cafeteria Serving Line

Pre-pay for your student's meal at:
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

Deli Bar

Sandwiches and Wraps Made to Order
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

This institution is an equal opportunity provider

MONDAY	1/1	TUESDAY	1/2	WEDNESDAY	1/3	THURSDAY	1/4	FRIDAY	1/5
New Year's Day No School		Popcorn Chicken Sweet Corn Potatoes Gravy Dinner Roll Fresh Fruit Applesauce Milk		French Toast Sticks Jones Chicken Sausage Carrot Sticks Tater Tots Pears Fresh Fruit Milk		Canton's Own Pizza Cheese or Veggie Caesar Salad Roasted Broccoli Raisins Fresh Fruit Milk		Early Release Breakfast Served	
		Gluten Free Chicken Tenders		Gluten Free Pancakes and Sausage		Gluten Free Pizza			
MONDAY	1/8	TUESDAY	1/9	WEDNESDAY	1/10	THURSDAY	1/11	FRIDAY	1/12
General Tso's Chicken Steamed Rice Steamed Broccoli Pineapple Fresh Fruit Milk		Ham and Cheese Croissant Chips Baby Carrots Kale Salad with Cranberries Oranges Applesauce Milk		Italian Sampler Meatballs Mozzarella Sticks Marinara Sauce Garlic Bread Green Beans Local Apples Milk		Chicken Drumstick Mashed Potato Roasted Broccoli Corn Bread Milk Fresh Fruit		Deep Dish Pizza Cheese or Pepperoni Garden Salad with Balsamic Dressing Veggie Sticks Hummus Pears Fresh Fruit Milk Grapes	
Gluten Free Chicken Tenders		Gluten Free Grilled Ham and Cheese		Gluten Free Meatballs and Marinara		Gluten Free Chicken Tenders		Gluten Free Pizza	
MONDAY	1/15	TUESDAY	1/16	WEDNESDAY	1/17	THURSDAY	1/18	FRIDAY	1/19
Martin Luther King Day No School		Macaroni and Cheese Fresh Broccoli Veggie Sticks Dinner Roll		Crispy Chicken Tender Wrap Oven Baked Fries Lettuce and Tomato Fresh Pear Milk		Chicken Fajita Bowl Roasted Red Pepper and Onion Rice Black Beans Salsa Corn Fresh Fruit Milk		Canton's Own Pizza Cheese or Veggie Greek Salad Veggie Sticks Hummus Banana Mixed Fruit Milk	
		Gluten Free Macaroni and Cheese		Gluten Free Chicken Tenders		Gluten Free Beef Taco and Scoops		Gluten Free Pizza	
MONDAY	1/22	TUESDAY	1/23	WEDNESDAY	1/24	THURSDAY	1/25	FRIDAY	1/26
Baked Cheese Ravioli Green Beans Corn Texas Toast Apples Milk		Walden Local Hamburger-Cheeseburger Bacon Onion Rings Baked Beans Lettuce Tomato Pickles Chips Fresh Fruit Milk		Hot and Spicy Chicken Patty Sandwich Potato Smiles Cranberry Kale Salad Local Apples Milk		Nacho Plate Seasoned Beef and Nacho Cheese Sauce Black Beans Lettuce Tomato Salsa Corn Tostito Scoops Cinnamon Applesauce		Canton's Own Pizza Cheese or Veggie Caesar Salad Roasted Brussel Sprouts Fresh Fruit Raisins Milk	
Gluten Free Meatballs and Marinara		Gluten Free Cheeseburger		Gluten Free Turkey Sandwich		Gluten Free Beef Taco and Scoops		Gluten Free Pizza	
MONDAY	1/29	TUESDAY	1/30	WEDNESDAY	1/31	THURSDAY	2/1	FRIDAY	2/2
Popcorn Chicken Sweet Corn Potatoes Gravy Dinner Roll Fresh Fruit Applesauce Milk		French Toast Sticks Jones Chicken Sausage Carrot Sticks Tater Tots Strawberries Fresh Fruit Milk		Italian Sampler Meatballs Mozzarella Sticks Marinara Sauce Garlic Bread Roasted Broccoli Local Apples Milk		All Beef Hot Dog Baked Beans Veggie Sticks Hummus Chips Milk Grapes		Canton's Own Pizza Cheese or BBQ Chicken Greek Salad Veggie Sticks Hummus Banana Mixed Fruit Milk	
Gluten Free Chicken Tenders		Gluten Free Pancakes and Sausage		Gluten Free Meatballs and Marinara		Gluten Free Hot Dog		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