

Canon McMillan Elementary School Menu– January 2023

Food Service Director:
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber
*May choose two 1/2 cup servings

*Fruits may include:
Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose one 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry, Fat Free Vanilla, Fat Free White and Low Fat White

Lunch Prices:
Paid: 2.45
Reduced: .40
Adult: \$4.00
Breakfast Prices:
Paid: Free
Reduced: Free
Adult: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
9. Mexican Pizza Roasted Chick Peas Applesauce Choice of Milk	10. Walking Taco with Rice Steamed Corn Peaches Choice of Milk	11. Breaded Chicken Patty Tater Tots Diced Pears Choice of Milk	12. Pasta with Meat Sauce and a Breadstick Steamed Broccoli Fruited Jell-O Choice of Milk	13. BBQ Rib Sandwich Mixed Vegetables Apple Slices Choice of Milk	Fish Sticks with Bread Sun Butter and Jelly Sandwich
16. No School	17. Cheeseburger Baked Beans Mixed Fruit Choice of Milk	18. Cheesy Breadstick Steamed Broccoli Cinnamon Applesauce Choice of Milk Cookie Day!	19. French Toast with Sausage Tater Tots Warm Cinnamon Apples Choice of Milk	20. Pierogies with Bread Steamed Carrots Diced Pears Choice of Milk	Hot Dog Ham and Cheese Wrap Sun Butter and Jelly Sandwich
23. Chicken Nuggets with a Roll Mixed Vegetables Apple Slices Choice of Milk	24. Orange Kissed Chicken Bowl Steamed Broccoli Fruited Jell-O Choice of Milk	25. Beef Nachos with Cheese Steamed Corn Blueberries Choice of Milk	26. Italian Dunkers with Sauce Steamed Carrots Diced Pears Choice of Milk Pudding Day!	27. Lasagna Roll-Up with a Breadstick Steamed Green Beans Applesauce Choice of Milk	Corn Dog Nuggets Sun Butter and Jelly
30. Open Faced Pizza Burger Baked Beans Mixed Fruit Choice of Milk	31. Macaroni and Cheese with a Pretzel Stewed Tomatoes Applesauce Choice of Milk	1. Grilled Cheese with Tomato Soup Steamed Broccoli Peaches Choice of Milk	2. Popcorn Chicken Bowl Mashed Potatoes with Gravy Warm Apple Crisp Choice of Milk	3. Meatball Hoagies Steamed Green Beans Diced Pears Choice of Milk	Chicken Nuggets with Bread Sun Butter and Jelly
6. Pepperoni Pinwheel Steamed Peas Fresh Apple Choice of Milk	7. Nacho Bites Roasted Chick Peas Blueberries Choice of Milk Pudding Day!	8. Baked Rigatoni with a Breadstick Steamed Broccoli Applesauce Choice of Milk	9. 2 Beef Tacos Steamed Corn Peaches Choice of Milk	10. Turkey and Cheese Stuffer Smiley Fries Fresh Orange Choice of Milk	Cheese Pizza Buffalo Chicken Wrap Sun Butter and Jelly
Breakfast Pizza Assorted Cereal with Toast Choice of Fruit, Fruit Juice, and Milk	Egg and Cheese Bagel Assorted Cereal with Toast Choice of Fruit, Fruit Juice, and Milk	Cinnamon Roll Assorted Cereal with Toast Choice of Fruit, Fruit Juice, and Milk	Mini Waffles Assorted Cereal with Toast Choice of Fruit, Fruit Juice, and Milk	Funnel Cake Assorted Cereal with Toast, Choice of Fruit, Fruit Juice, and Milk	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