December 2017

CANTON UNION SCHOOL DISTRICT

YMCA Snack Menu

arbor Management Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 TINY TOMATOES MILK
4 FRESH APPLE MILK	5 BABY CARROTS MILK	6 FRESH PEAR MILK	7 BROCCOLI BUDS MILK	8 FRESH ORANGE WEDGES MILK
11 CUCUMBER SLICES MILK	12 FRESH APPLE MILK	13 CELERY STICKS MILK	14 FRESH BANANA MILK	15 BABY CARROTS MILK
18 FRESH PEAR MILK	19 CUCUMBER SLICES MILK	20 FRESH ORANGE WEDGES MILK	21 NO SCHOOL WINTER BREAK BEGINS	22 NO SCHOOL
25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL

(*) Contains Pork

Farm Fresh Produce featuring... Squash

Squash contains healthy fats Omega-3 and Omega-6 that your brain and nerves need to talk to your body.

Snack Time

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Fun Time!

Questions

Call Kyle Nelson
Food Service Director
309-647-8731

Menu changes may be necessary. Notice will be given when possible.

A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.

arbor online

For more information or to "Ask the Dietitian", check out our website!

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