

December Canton Middle School Lunch



**FREE
MEALS
To All
Enrolled**

FEATURES

We are Hiring!
You will love the work
schedule!
No nights or weekends!
Holidays off!
Apply Online at:
[www.arbormgt.com/
careers](http://www.arbormgt.com/careers)
Scan Me To Apply!



Garden Spot

Deli Express

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| | | | | 1 Italian Meatball Sub Roasted Garlic Carrots Leafy Green Salad Fruit of the Day |
| 4 Crispy Chicken Tenders w/ Flakey Biscuit Steamed Carrots Celery Sticks Fruit of the Day | 5 Chili Cheese Dog Vegetarian Beans Broccoli Florets Fruit of the Day | 6 *Grilled Chicken Bacon Melt Spiral Fries Grape Tomatoes Fruit of the Day | 7 Pasta w/ Italian Meat Sauce w/ Garlic Bread Seasoned Green Beans Leafy Green Salad Fruit of the Day | 8 Bosco Sticks—V w/ Marinara Sauce Green Peas Leafy Green Salad Fruit of the Day |
| 11 *Honey BBQ Pork Rib Sandwich Garlic Roasted Carrots Fresh Made Coleslaw Fruit of the Day | 12 French Toast Sticks w/ Sausage Patty Crispy Tater Tots Celery Sticks Fruit of the Day | 13 Italian Sausage Pasta Bake Garlic Bread Mixed Vegetables Leafy Green Salad Fruit of the Day | 14 Fajita Chicken Quesadilla Seasoned Black Beans Baby Carrots Fruit of the Day Holiday Cookie | 15 Baked Potato w/ Chili Soft Pretzel Steamed Broccoli Sliced Cucumbers Fruit of the Day |
| 18 Beef Soft Taco Fiesta Beans Sliced Bell Peppers Fruit of the Day | 19 Yang's Orange Chicken Brown Rice Stir Fry Veggies Baby Carrots Fruit of the Day | 20 Homemade Mac & Cheese—V Soft Pretzel Rod Steamed Broccoli Grape Tomatoes Fruit of the Day | 21 No School | 22 No School |
| 25 No School | 26 No School | 27 No School | 28 No School | 29 No School |
| Popcorn Chicken Salad w/ Dinner Roll | Southwest Chicken Salad w/ Dinner Roll | Chef Salad w/ Pita Bread | Chicken Caesar Salad w/ Pita Bread | Taco Salad |
| *Turkey & Bacon Wrap | Italian Sub | Crispy Chicken Wrap | Buffalo Chicken Wrap | Tuna Salad Sandwich |

Daily Entrées
Cheeseburgers
Chicken Sandwiches
Pizza Selection
Cheesy Nachos

Fruit and Vegetable Bar
Available Daily
Choice of Milk

V= Vegetarian

Arbor A+ Nutrition Mission
To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
Fresh fruits and vegetables, locally
sourced as seasonally available
- ✓ Cage free poultry with no added hor-
mones or steroids
- ✓ Fresh whole and multigrain bread, buns
and baked goods
- ✓ No-fat or 1% milk free from any growth
hormones from local, sustainable farms
- ✓ Plant based entrée options

~Arbor Management~

Make Choices for a Healthy Lifestyle!



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

Please note: Due to national supply chain dis-
ruptions and shortages, we may have to make
changes to our menus with little or no notice.
Please know that we are doing our best to
serve meals as planned. Substitution of menu
items will be communicated. We apologize in
advance and thank you for understand-
ing! This institution is an equal opportunity