



Includes fruit and vegetable choices, whole grain breads and rolls and milk.

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
7	8	9	10	11
Parmesan Chicken Melt Or Jumbo Corn Dog	Soft Shell Tacos w/Shredded Cheese Or Cheese Quesadilla	Italian Spaghetti w/Meatballs** Or Monte Cristo Sandwich	Chicken & Vegetable Rice Bowl V or Sriracha Chicken	Cheezy Garlic Flatbread Or General Tso's Chicken
14	15	16	17	18
All Beef Patty Melt Or Meatball Sub Sandwich	Taco Pretzel w/Taco Meat & Cheese Or Taco Salad	Char Broiled Salisbury Steak** Or 3 Cheese Panini V	Chicken Nuggets w/Waffle & Syrup Or Sloppy Joe Sliders	NO SCHOOL
21	22	23	24	25
NO SCHOOL	Fiesta Nachos Supreme Or Chili Cheese Fries**	Chicken Alfredo w/Garlic Bread Or Mini Corn Dogs	Chicken Tenders** w/Dip Or BBO Chicken Flatbread	Stuffed Italian Pizza w/Marinara Or Beefy Quesadilla
28	29	30	31	
*Ham & Cheese Panini Or Rotini w/Meat Sauce	Build your Own Burrito Or Walking Tacos w/Shredded Cheese	Home Style Popcorn Chicken Bowl Or Chili Dog w/Cheese	Homemade Chicken and Noodles Or *BBO Rib Patty	

Fresh Fruit & Veggie Bar available daily with all lunches

**Crispy Regular or Spicy Chicken Sandwich
Grilled Burgers
A Variety of Fresh Grab and Go salads and wraps**

Daily Choices

Daily Pizza Options

Fresh Deli

Fresh Salads

Cheese V	Cheese V	Cheese V	Cheese V	Cheese V
*Sausage	*Pepperoni	*Sausage	*Pepperoni	*Sausage
Crispy Chicken Wrap	*Ham & Cheese Wrap	Turkey & Cheese Wrap	Buffalo Chicken Wrap	*Turkey Bacon Wrap
Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Crispy Chicken Salad**	Chef Salad**

V=Vegetarian option available
******Served with a roll
 *Contains or may contain pork ingredients.

Menu changes are occasionally necessary. Notice will be given when possible.
 This institution is an equal opportunity employer.



Canton High School
 January 2019

Lunch
\$2.25

Milk
\$.50

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 hormones 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

~Arbor Management~

Make Choices for a Healthy Lifestyle!

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

Questions about the menu?
 Kyle Nelson
 Food Service Director
 309-647-8731
 Kyle.Nelson@Cantonusd.org

Comprehensive nutrition & allergy guides are available in the Foodservice Office.