



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

Daily Special

Monday	Tuesday	Wednesday	Thursday	Friday
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				NO LUNCH TODAY
4	5	6	7	8
*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 *BBQ Rib Patty	Margherita Pizza Grilled Cheese Or Pizza Dippers w/Marinara
11	12	13	14	15
*Bacon Cheeseburger Or Beef & Bean Burrito	Fiesta Nachos Supreme Or Chili Cheese Fries**	Wing Wednesday Or Cheezy Garlic Flatbread	Toasted Italian Sub Or Chicken Popper Basket	Buffalo Chicken Pizza Or Chicken Tenders**
18	19	20	21	22
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 Sriracha Chicken
25	26	27	28	
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

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

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

Fresh Deli

Fresh Salads

Crispy Chicken Salad**	Caesar Salad **V	Buffalo Chicken Salad**	Crispy Chicken Salad**	Chef Salad**
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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 March 2019

Lunch
\$2.25
 Milk is included
 With Meal

Milk
\$.50
 A Variety of Milk
 is Offered Daily

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.