

OCTOBER 2023

CANTERBURY PUBLIC SCHOOLS

LUNCH

ADDITIONAL CHOICES AVAILABLE DAILY. CHOICES ARE PB&J, TURKEY SANDWICH, CHEF SALAD OR CHEF'S SPECIAL. BREAD OFFERINGS ARE WHOLE GRAIN. MILK OFFERINGS ARE 1% WHITE OR FAT FREE FLAVORED. MILK IS OFFERED AT EVERY MEAL.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



MONDAY

CHICKEN SANDWICH 2
FRENCH FRIES
CORN
APPLESAUCE
MILK

TUESDAY

CHICKEN NACHOS 3
BEANS & CORN
PEARS
MILK

WEDNESDAY

CHEESEBURGERS 4
FRENCH FRIES
BROCCOLI
APPLES
MILK

THURSDAY

PANCAKES 5
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

FRIDAY

PIZZA 6
TOSSED SALAD
STRAWBERRIES
MILK

**COLUMBUS DAY/
INDIGENOUS
PEOPLE DAY** 9

QUESADILLA 10
RICE & BEANS
CORN
PEACHES
MILK

PASTA W/ MEATSAUCE 11
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

MOZZARELLA STICKS 12
CARROTS
BREADS
APPLESAUCE
MILK

PIZZA 13
TOSSED SALAD
STRAWBERRIES
MILK

CHICKEN PATTY 16
FRENCH FRIES
CORN
APPLESAUCE
MILK

BEEF NACHOS 17
BEANS & CORN
PEARS
MILK

CHEESEBURGERS 18
FRENCH FRIES
BROCCOLI
ORANGES
MILK

FRENCH TOAST STICKS 19
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

PIZZA 20
TOSSED SALAD
STRAWBERRIES
MILK

CHICKEN NUGGETS 23
FRENCH FRIES
CORN
APPLESAUCE
MILK

SOFT SHELL TACO 24
RICE & BEANS
CORN
PEACHES
MILK

PASTA W/ MEATSAUCE 25
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

MOZZARELLA STICKS 26
CARROTS
BREADS
APPLES
MILK

PIZZA 27
TOSSED SALAD
STRAWBERRIES
MILK

CHICKEN PATTY 30
FRENCH FRIES
CORN
APPLESAUCE
MILK

CHICKEN NACHOS 31
BEANS & CORN
MIXED FRUIT
MILK



BREAKFAST IS FREE FOR EVERYONE!!! LUNCHES ARE \$3.75 IF YOU DO NOT QUALIFY FOR FREE LUNCH