

LUNCH

CANTERBURY PUBLIC SCHOOLS

NOVEMBER 2023



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.



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER
2023

MONDAY



6
CHICKEN NUGGETS
FRENCH FRIES
CORN
APPLESAUCE
MILK

7
NO SCHOOL

13
CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE
MILK

14
CHICKEN NACHOS
BEANS & CORN
MIXED FRUIT
MILK

20
CHICKEN NUGGETS
FRENCH FRIES
CORN
APPLESAUCE
MILK

21
TURKEY DINNER
MASHED POTATO &
GRAVY STUFFING
CORN & APPLES
MILK

27
CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE
MILK

28
BEEF NACHOS
BEANS & CORN
PEARS
MILK

WEDNESDAY

1
PASTA W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

8
CHEESEBURGERS
FRENCH FRIES
BROCCOLI
ORANGES
MILK

15
PASTA W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

22
NO SCHOOL

29
CHEESEBURGERS
FRENCH FRIES
BROCCOLI
ORANGES
MILK

THURSDAY

2
PANCAKES
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

9
MOZZERELLA STICKS
CARROTS
BREADS
APPLE
MILK

16
FRENCH TOAST STICKS
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

23
THANKSGIVING DAY

30
MOZZERELLA STICKS
CARROTS
BREADS
APPLE
MILK

FRIDAY

3
PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

10
VETERANS DAY

17
PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

24
NO SCHOOL

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