

LUNCH

CANTERBURY PUBLIC SCHOOLS

DECEMBER 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.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



BREAKFAST IS FREE FOR EVERYONE!!!
LUNCHES:
 CHLD - \$2.75



4
 CHICKEN NUGGETS
 FRENCH FRIES
 CORN
 APPLESAUCE
 MILK

5
 BEEF NACHOS
 BEANS & CORN
 PEARS
 MILK

6
 PASTA W/ MEATSAUCE
 GARLIC KNOT
 GREENBEANS
 MIXED FRUIT
 MILK

7
 FRENCH TOAST STICKS
 SAUSAGE
 HASHBROWNS
 CARROTS
 PEACHES & MILK

8
 PIZZA
 TOSSED SALAD
 STRAWBERRIES
 MILK

Cookie day

11
 CHICKEN Parm
 FRENCH FRIES
 CORN
 APPLESAUCE
 MILK

12
 QUESADILLA
 RICE & BEANS
 CORN
 PEACHES
 MILK

13
 CHEESEBURGERS
 FRENCH FRIES
 BROCCOLI
 ORANGES
 MILK

14
 MOZZERELLA STICKS
 CARROTS
 BREADS
 APPLE
 MILK

15
 PIZZA
 TOSSED SALAD
 STRAWBERRIES
 MILK

Cookie day

18
 CHICKEN NUGGETS
 FRENCH FRIES
 CORN
 APPLESAUCE
 MILK

19
 BEEF NACHOS
 BEANS & CORN
 PEARS
 MILK

20
 Grill, Cheese
 Tomato soup
 GREENBEANS
 MIXED FRUIT
 MILK

21
 Pan cakes
 SAUSAGE
 HASHBROWNS
 CARROTS
 PEACHES & MILK

22
 PIZZA
 TOSSED SALAD
 STRAWBERRIES
 MILK

25

26

27

28

29

THE USDA IS AN
 EQUAL OPPORTUNITY
 PROVIDER AND
 EMPLOYER
 2023