

OCTOBER 2024

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 FATFREE 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

LUNCHES:

Free to anyone that qualifies.

CHILD- \$3.75

ADULT- \$5.00

TUESDAY

Chicken Nachos

BEANS & CORN

PEARS

MILK

WEDNESDAY

CHEESEBURGERS

FRENCH FRIES

BROCCOLI

ORANGES

MILK

THURSDAY

Pancakes

SAUSAGE

HASHBROWNS

CARROTS

PEACHES & MILK

FRIDAY

4

PIZZA CHOICE

TOSSED SALAD

STRAWBERRIES

*BMS - Cookie day

SATURDAY

1

Chicken Nachos

BEANS & CORN

PEARS

MILK

SUNDAY

2

CHEESEBURGERS

FRENCH FRIES

BROCCOLI

ORANGES

MILK

MONDAY

3

Pancakes

SAUSAGE

HASHBROWNS

CARROTS

PEACHES & MILK

TUESDAY

4

PIZZA CHOICE

TOSSED SALAD

STRAWBERRIES

*BMS - Cookie day

WEDNESDAY

7

Chicken Patty

BEANS & CORN

PEARS

MILK

THURSDAY

9

PASTA W/

MEATSAUCE

GARLIC KNOT

GREENBEANS

MIXED FRUIT MILK

FRIDAY

10

MOZZERELLA STICKS

CARROTS

BREADSTICK

APPLE MILK

SATURDAY

11

PIZZA CHOICE

TOSSED SALAD

STRAWBERRIES

*BMS - Cookie day

SUNDAY

8

Beef Nachos

RICE & BEANS

CORN

PEACHES

MILK

MONDAY

15

QUESADILLA

RICE & BEANS

CORN

PEACHES

MILK

TUESDAY

17

GRILLED CHEESE

TOMATO SOUP

CARROTS

APPLESAUCE

MILK

WEDNESDAY

18

PIZZA CHOICE

TOSSED SALAD

STRAWBERRIES

*BMS - Cookie day

THURSDAY

21

CHICKEN NUGGETS

FRENCH FRIES

CORN

APPLESAUCE

MILK

FRIDAY

22

CHICKEN NACHOS

BEANS & CORN

PEARS

MILK

SATURDAY

23

CHEESEBURGERS

FRENCH FRIES

BROCCOLI

ORANGES

MILK

SUNDAY

25

PIZZA CHOICE

TOSSED SALAD

STRAWBERRIES

*BMS - Cookie day

MONDAY

27

FRENCH TOAST STICKS

SAUSAGE

HASHBROWNS

CARROTS

PEACHES & MILK

TUESDAY

28

CHICKEN PATTY

FRENCH FRIES

CORN

APPLESAUCE

MILK

WEDNESDAY

29

Beef Nachos

RICE & BEANS

CORN

PEACHES

MILK

THURSDAY

30

PASTA W/

MEATSAUCE

GARLIC KNOT

GREENBEANS

MIXED FRUIT MILK

FRIDAY

31

MOZZERELLA STICKS

CARROTS

BREADSTICK

APPLE

MILK

