



SEPTEMBER 2026

CANTERBURY PUBLIC SCHOOLS

BREAKFAST IS FREE
FOR EVERYONE

Monday

BREAD OFFERINGS ARE
WHOLE GRAIN. MILK
OFFERINGS ARE 1%
WHITE OR FAT FREE
FLAVORED. MILK IS
OFFERED AT EVERY
MEAL.

**NO
SCHOOL**

CHICKEN NUGGETS 14
MASHED POTATOES, CORN
ROLL, CRAISINS, JUICE
STRAWBERRY CUP, MILK

CHICKEN PATTY 21
FRENCH FRIES, ROLL,
CORN
APPLESAUCE,
CRAISINS, JUICE, MILK

CHICKEN NUGGETS 28
FRENCH FRIES, CORN
ROLL, CRAISINS, JUICE
STRAWBERRY CUP, MILK

Tuesday

GRILLED CHEESE 1
TOMATO SOUP
CARROTS, CRAISIN,
JUICE
APPLE, MILK

CHEESEBURGER 8
FRENCH FRIES, ROLL,
CORN
APPLESAUCE,
CRAISINS, JUICE, MILK

SOFT SHELL TACO 15
CHICKEN OR BEEF
BEANS & CORN
PEARS, CRAISIN
JUICE, MILK

GRILLED CHEESE 22
TOMATO SOUP
CARROTS, CRAISIN,
JUICE
APPLE, MILK

CHICKEN & BEEF 29
NACHOS
BEANS & CORN
PEARS, CRAISIN
JUICE, MILK

Wednesday

PASTA W/MEATSAUCE 2
GARLIC KNOT
GREEN BEANS
MIXED FRUIT, CRAISIN,
JUICE, MILK

MAC AND CHEESE 9
GARLIC KNOT
GREEN BEANS
MIXED FRUIT, CRAISIN,
JUICE, MILK

PASTA W/MEATSAUCE 16
GARLIC KNOT
GREEN BEANS
MIXED FRUIT, CRAISIN,
JUICE, MILK

MAC AND CHEESE 23
GARLIC KNOT
GREEN BEANS
MIXED FRUIT, CRAISIN,
JUICE, MILK

PASTA W/MEATSAUCE 30
GARLIC KNOT
GREEN BEANS
MIXED FRUIT, CRAISIN,
JUICE, MILK

Thursday

MOZZERELLA STICKS 3
CARROTS
BREADSTICK
APPLE, CRAISIN
JUICE, MILK

FRENCH TOAST STICKS 10
SAUSAGE, HASH BROWN
CARROTS
PEACHES, CRAISIN
JUICE, MILK

MOZZERELLA STICKS 17
CARROTS
BREADSTICK
APPLE, CRAISIN
JUICE, MILK

FRENCH TOAST STICKS 24
SAUSAGE, HASH BROWN
CARROTS
PEACHES, CRAISIN
JUICE, MILK

ADDITIONAL CHOICES
AVAILABLE DAILY.
CHOICES ARE PB&J,
TURKEY OR HAM SANDWICH,
CHEF SALAD OR CHEF'S
SPECIAL.

Friday

PIZZA CHOICE 4
TOSSED SALAD
STRAWBERRIES, CRAISIN
JUICE
MILK

PIZZA CHOICE 11
TOSSED SALAD
STRAWBERRIES, CRAISIN
JUICE
MILK

PIZZA CHOICE 18
TOSSED SALAD
STRAWBERRIES, CRAISIN
JUICE
MILK

PIZZA CHOICE 25
TOSSED SALAD
STRAWBERRIES, CRAISIN
JUICE
MILK

THE USDA IS AN
EQUAL
OPPORTUNITY
PROVIDER AND
EMPLOYER

BREAKFAST IS FREE FOR EVERYONE