

# Canyon School Lunch Menu – January 2022

Free lunch for all children 18 and under, \$3.75 per adult lunch  
(Milk only: .50 cents)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Alphabet Soup Garlic Bread Veggie Medley Green Salad Fruit	4 Chicken or Vegetarian Stir Fry Brown Rice Green Beans Green Salad Fruit	5 Cheese Tortellini Garlic Bread Broccoli Green Salad Fruit	6 Chicken or Cheese Enchilada Pie Beans Corn Green Salad Fruit	7 *K12 Field Trip - no lunch Sloppy Joe Carrots Green Salad Fruit Apricot Crisp Honey Yogurt
10 <b>No School Staff Development</b>	11 Spaghetti Marinara w/or w/out Meat Garlic Bread Corn Green Salad Fruit	12 Meat or Vegetarian Lasagna Garlic Bread Carrots Green Salad Fruit	13 Meatloaf Mashed Potatoes Garlic Bread Green Beans Green Salad Fruit	14 Chicken or Vegetarian Noodle Soup Garlic Bread Broccoli Green Salad Fruit
17 <b>No School Holiday</b>	18 Creamy Pasta w/or w/out Shrimp Broccoli Garlic Bread Green Salad Fruit	19 BBQ Chicken Potato Fries Garlic Bread Green Salad Fruit	20 Turkey or Vegetarian Taco Pie Corn Beans Green Salad Fruit	21 Tomato Soup Cheesy Bread Green Vegetable Medley Green Salad Fruit
24 Pesto Pasta Garlic Bread Corn Green Salad Fruit	25 Crispy Wontons Brown Rice Green Beans Green Salad Fruit	26 Teriyaki Chicken Potato Fries Garlic Bread Green Salad Fruit	27 Chicken or Vegetarian Stew Garlic Bread Broccoli Green Salad Fruit	28 Wonton Soup Brown Rice Carrots Green Salad Fruit Fruit Crisp
31 Pasta Alfredo Garlic Bread Broccoli Green Salad Fruit	1	2	3	4

Organic milk is offered with every lunch. **All chicken and beef used is either organic or antibiotic and hormone free.** We use whole grain products whenever possible.

Canyon School is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. Canyon School is part of the National School Lunch Program.