September 2017 Canastota Central School

Monday	Tuesday	Wednesday	Thursday	Friday
Did you know... The name September comes from the Latin septem for seven, since this was the seventh month of the Roman calendar.				1
4 **No School**	5 **Superintendent's Day** **No Students**	6 **Superintendent's Day** **No Students**	7 **Hot Dog on a Bun** Sweet Potato Fries Boston Baked Beans Apple/Fruit Cup	8 **Chicken Nuggets /Roll** Rice Corn Fruit Cup
11 **French Toast Sticks** Breakfast Sausage Carrot Sticks/Veggie Juice Assorted Fruit Cup	12 **Grilled Chicken Wrap** Romaine Lettuce/Tomato Green Beans Orange Wedge/Fruit Cup	13 **Meatball Sub with Sauce** Peas and Carrots Peach Cup/Fruit Cup	14 **Hamburger on a Bun** Tatar Tots Baked Beans Banana/Fruit Cup	15 **Pepperoni OR Garlic Pizza** Carrots (steamed) Assorted Fruit Cup
18 **Popcorn Chicken/ Roll** French Fries Dipping Sauce Frozen Juice Icee	19 **Hard Or Soft Tacos/Cheese** Romaine Lettuce/Tomatoes Rice/Salsa Apple Slices/Fruit Cup	20 **Fish Fillet on a Roll** Sweet Tots Coleslaw Assorted Fruit Cups	21 **Chicken & Biscuits** Peas & Carrots Melon/FruitCup	22 **Cheese OR Garlic Pizza** Celery/Carrot Cup/Dip Assorted Fruit Cup
25 **"Sampler Lunch"** **Chicken Tenders/Cheese Sticks** Marinara Sauce/Dip Corn Chilled Fruit Cup	26 **K-12** **½ Day**	27 **Toasted Cheese** Tomato Soup Tator Tots Assorted Fruit	28 **Turkey or Ham Sub** Lettuce/Tomato/Cheese Rice Apple/Fruit Cup	29 **Taco OR Garlic Pizza** Broccoli (steamed) Assorted Fruit Cup

Alternate Meal:

K-3
6oz Yogurt with String Cheese and Roll
PB&J Sandwich on Whole Grain Bread
4-12
Cheese or Garlic Pizza
Asst Deli Sandwich on Whole Grain Bread
Asst Salad with Whole Grain Roll
Chicken Patty
Hamburger

SERVED DAILY
Assorted Fruit Cup
Fresh Fruit

CHOICE OF MILK
1% White, Fat Free-White, Fat Free-Chocolate, or Fat Free Strawberry

School News

Sept. 4th Labor Day—No School

Sept 5th & 6th Superintendent's Day—No School
Sept 26th K-12 ½ Day

Meal Prices	K-3	4-12
Breakfast	$1.10	$1.10
Lunch	$2.05	$2.25

***Menu subject to change**