

Canyon School Lunch Menu – June 2007
 \$2.50 per lunch (prepaid), \$3.50 per adult lunch (prepaid)
 \$3 drop in, \$4 adult drop in (**milk only: .40 cents**)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Quiche Lorraine Steamed Broccoli Green Salad Fruit Whole Grain Bread
4 Breakfast for Lunch: Whole Wheat French Toast Potatoes Uncured Bacon Fruit	5 Panko Chicken Rice Green Salad Fruit Whole Grain Bread	6 Ceasar Salad with Parmesan Cheese White Bean Soup Fruit Whole Grain Bread	7 Pizza on Foccacia Bread with Two Cheeses w/wo Pepperoni Green Salad Fruit	8 Picnic Contra Loma Regional Park - Antioch
11 – Graduation Ceremony Greek Salad Pita Bread with Hummus Fruit Crisp	12 Chicken Yakatori Sushi Rice Edamame Bean Green Salad Fruit	13 Minimum Day – School is out at noon. Last Day of School Bagel with Cream Cheese Bottled Juice Chips	14 Summer Break Begins School resumes Tuesday, September 4, 2007!	15
18	19	20	21	22
25	26	27	28	29

Two types of organic milk (1%, 2% or fat free) are offered with every lunch. We purchase our chicken from Farmer Joe’s Market in Oakland. They purchase their chickens from Petaluma Poultry, who offer free range, antibiotic free and organic chicken. We also get Harrison Ranch grass-fed beef from the same location; it is only 8% fat. Our bacon is uncured, apple smoked bacon from Trader Joe’s. Use of whole grain pastas and breads is constantly increased, mainly due to Trader Joe’s pastas, based on brown rice, and Barilla pastas, based on multi-grains, available at Safeway. In addition to the grain products offered each day, additional whole grain products will be offered 3 times per week, usually in the form of sliced loaves of whole grain breads with butter or whipped cream cheese. Bottled water is available during lunch and between meals. Please purchase a lunch card (20 lunches) for your child for \$50!
 Canyon School is an equal opportunity provider.