

Help Wanted

CAFETERIA SUBSTITUTES NEEDED—NO EXPERIENCE NECESSARY!

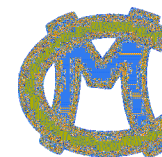
Work during regular school hours.

Great job for semi-retirees or stay at home moms/dads!

CALL: 724-746-1040 for more information

Or apply at: Administration Building, 1 North Jefferson Avenue, Canonsburg, PA 15317

Melissa Schad, Food Service Director
schadm@cmsd.k12.pa.us
Mary Semancik, Assistant Food Service Director
semancikm@cmsd.k12.pa.us
724-746-1040



**CANON-MCMILLAN SCHOOL DISTRICT
INTERMEDIATE SCHOOL MENU –FEBRUARY 2012**




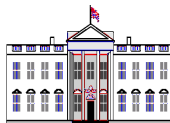



BREAKFAST MENU
Monday
Cinnamon Filled
Pretzel Stick
Tuesday
French Toast Sticks
w/ Syrup
Wednesday
Whole Grain Cinnamon
Roll or Bagel
Thursday
Chicken Little Sandwich
Friday
Yogurt Cup & Jungle
Crackers or Cook's Choice

Daily Breakfast Choices:
Assorted Whole Grain
Cereals with Toast,
Animal or Graham Crackers

All served with Milk Choice
& 100% Fruit Juice
Breakfast Price: \$ 1.00
(Must take 3 or 4 components)
(\$.30 Reduced)

Lunch Price: \$ 1.75
(\$.40 Reduced)
Tier/Pizza Shop: \$ 2.25
(\$.40 Reduced)

www.gotoinnutrition.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE NOTE: Menu items with ground meat may contain a combination of ground beef and/or turkey. ALLERGY INFO AVAILABLE Please contact the Food Service Office</p>	<p>REMINDER: On Pizza Shop Pizza days, the 2nd entrée listed will <u>not</u> be available. Sunflower Butter & Jelly on wheat bread offered daily.</p>	<p>2/1 Pancakes w/ Sausage & Syrup or Grilled Chicken on Choice of Bun Tater Rounds 100% Fruit Juice Choice Fat Free or 1% Milk</p>	<p>2/2 Ground Hog Day! Baked Chicken Strips w/Roll or Nachos w/ Cheese Sauce & Taco Meat & Roll Sweet Yellow Corn Cinnamon Apple Slices Fat Free or 1% Milk Will I see my shadow? </p>	<p>2/3 CIS Papa John's Pizza! Steak & Cheese Hoagie or Pasta w/ Meat Sauce & Garlic Toast Garden Salad w/ RF Dressing Chilled Peaches Fat Free or 1% Milk</p>
<p>2/6 Cinnamon Churro Day! Chicken Nuggets or Soft Taco with Salsa Both Served with Brown Rice Whole Kernel Corn Mixed Fruit Cup Fat Free or 1% Milk</p>	<p>2/7 Pasta w/ Meat Sauce & Garlic Toast or Ham BBQ on Choice of Bun Tossed Salad w/ RF Dressing Applesauce Fat Free or 1% Milk</p>	<p>2/8 Teacher's In-service Day No School </p>	<p>2/9 Lucky Tray Day! Mini Chicken Patty Hoagie or Sloppy Joe on Choice of Bun Tater Tots Chilled Pears Fat Free or 1% Milk</p>	<p>2/10 Mini Corn Dog Nuggets or School-Made Cheese Pizza Seasoned Green Beans Mandarin Oranges Fat Free or 1% Milk</p>
<p>2/13 Ranch Chicken Wrap or Italian Dunkers w/ Dipping Sauce Steamed Broccoli Chilled Peaches Fat Free or 1% Milk</p>	<p>2/14 Valentine's Day!  February is Heart Month Heart Healthy Grilled Chicken on a Wheat Roll or Cupid's Whole Grain Pizza Honey Kissed Steamed Carrots Sweet Applesauce Valentine Treat Fat Free or 1% Milk</p>	<p>2/15 Chicken Fries w/Choice of Bread or Cheeseburger on a Bun Tater Tots Mandarin Oranges Fat Free or 1% Milk</p>	<p>2/16 Walking Taco (Baked Doritos w/ Taco Meat, Cheese & Toppings) or Turkey & Cheese on Wheat Sweet Corn Cinnamon Apple Slices Fat Free or 1% Milk</p>	<p>2/17 NSIS Papa John's Pizza! (5)Chicken Rings w/ Wheat Bread or Tier Priced Stuffed Crust Pizza Tossed Salad w/ RF Dressing Mixed Fruit Cup Fat Free or 1% Milk</p>
<p>2/20 President's Day! No School </p>	<p>2/21 Mardi Gras!  Hot Dog on a Bun or Cinnamon French Toast w/ Sausage Tater Tots 100% Fruit Juice Choice Fat Free or 1% Milk</p>	<p>2/22 Crunchy Taco w/ Wheat Bread or Grilled Cheese & Tomato Soup Seasoned Corn Cinnamon Applesauce Fat Free or 1% Milk</p>	<p>2/23 Happy Birthday Day!  BBQ Rib Hoagie or Pasta w/Meat Sauce & Garlic Toast Steamed Green Beans Fresh Orange Birthday Cake Fat Free or 1% Milk</p>	<p>2/24 Pudding Cup Day! Fish Sticks w/Choice of Bread or Smart Pizza Sweet Green Peas Chilled Peach Cup Pudding Cup w/ Topping Fat Free or 1% Milk</p>
<p>2/27 Mini Monday! (2) Mini Chicken Sliders on Wheat Rolls or (6) Mini Corn Dogs Nuggets Fresh Mini Carrots Mini Pineapple Tidbits Fat Free or 1% Milk</p>	<p>2/28 Meatballs (5) and Breadsticks (2) w/ Marinara Sauce for Dipping or Turkey & Cheese Sub Mixed Vegetables Mixed Fruit Cup Fat Free or 1% Milk</p>	<p>2/29 Leap Day!  Soft Pretzel Day! Grilled Chicken on Choice of Bun or BBQ Pulled Pork on a Bun Soft Pretzel Tater Tots Fresh Apple Fat Free or 1% Milk</p>	<p>Available Daily at Lunch: 1/2 c Assorted Canned & Fresh Fruit, Plus Fresh Vegetables/Tossed Salad Daily Milk Choices: 1/2 Pt Skim, Skim Chocolate, 1% White & Lactaid Milk (with proper documentation) Per new PDE regulations, water cannot be subbed for milk. *Reminder: All 5 nutritious components served to all K- 2 students at lunch. Students in grades 3 - 12 may select 3, 4 or 5 nutritious items from the following food groups: protein/meat, bread, vegetable, fruit & milk</p>	