



Canton South Bistro Aug 2021 Menu

August 2021

Mon	Tue	Wed	Thu	Friday
2 No School	3 No School	4 No School	5 No School	6 No School
9 No School	10 No School	11 No School	12 No School	13 No School
16 No School	<p style="text-align: center;">17 <i>Italian Bistro Bar</i> <u>Entrees</u> Cheesy Mozzarella Parmesan Calzone or Bosco Sticks <u>served with</u> Marinara Sauce <u>Veggie Choices</u> Assorted Veggie Cups California Blend Veggies Roasted Red Pepper Hummus Baby Carrots Marinara Sauce <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p style="text-align: center;">18 <i>Asian Fusion Bar Day</i> <u>Choice of</u> Tangerine Chicken or General Tso Chicken <u>served with</u> Golden Tiger Vegetable Egg Roll and Vegetable Fried Rice <u>Veggie Choices</u> Asian Veggie Blend Garden Side Salad Assorted Veggie Cups Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p style="text-align: center;">19 <i>Mac & Cheese Bar</i> <u>Choice of</u> 3 Cheese Cavatappi Mac-N-Cheese or Macaroni and Cheese <u>w/ topping choices such as</u> Sous Vide Shredded Beef Spicy Grilled Fajita Chicken Bacon Crumbles Flame Roasted Peppers and Onions <u>served with</u> Fresh Breadstick <u>Veggie Choices</u> Assorted Veggie Cups Fresh Broccoli Florets Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p style="text-align: center;">20 <i>Tex-Mex Taco Bar</i> <u>Choice of</u> Grilled Fajita Chicken or Beef Taco Crumbles or Fire Roasted Pollock <u>w/ topping choices such as</u> Tomato Salsa Romaine Lettuce Sliced Jalapeno Peppers Diced Onion Crunchy Red Cabbage Sour Cream Packet Shredded Cheddar Cheese <u>served with</u> Brown Rice Soft Taco Tortilla <u>Veggie Choices</u> Black Beans Assorted Veggie Cups Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>

<p>23 Homemade Crispy Wing Bar Day <u>Entree</u> Crispy Chicken Wings sauce choice of Sweet Baby Ray's BBQ Sauce or Buffalo Sauce served with Pretzel Breadsticks <u>Veggie Choices</u> Curly Fries Assorted Veggie Cups Celery Sticks Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p>24 Burrito Bowl Bar <u>Choice of</u> Fiesta Chicken or Beef Taco Crumbles w/ topping choices such as Steamed Corn Tomato Salsa Romaine Lettuce Flame Roasted Peppers and Onions Refried Beans Shredded Cheddar Cheese Sour Cream served with Brown Rice <u>Veggie Choices</u> Assorted Veggie Cups Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p>25 Goopy Grilled Cheese Bar <u>Entrees</u> Grilled Cheese Sandwich or Grilled Ham and Cheese Sandwich served with Homemade Coleslaw <u>Veggie Choices</u> Assorted Veggie Cups Green Beans Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>	<p>26 Homestyle Chicken Bar <u>Entree</u> Baked Chicken Drumstick served with Creamy Mashed Potatoes Steamed Corn Egg Noodles and Dinner Roll <u>Veggie Choices</u> Assorted Veggie Cups Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments Butter Jelly</p>	<p>27 Deluxe Burger Bar <u>Choice of</u> Cowboy Ranch Burger or Black Bean Chipotle Veggie Burger served on Hamburger Bun served with Lettuce & Tomato Onion Rings Homemade Baked Beans <u>Veggie Choices</u> Assorted Veggie Cups (.5 C) Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiment</p>
<p>30 Bistro Sandwich Bar <u>Choice of</u> Chicken Fillet Sandwich or BBQ Pulled Pork Sandwich served with Waffle Fries <u>Veggie Choices</u> Roasted Red Pepper Hummus Assorted Veggie Cups <u>Fruit Choices</u> Daily Fruit Cups Seasonal Fresh Fruit <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Copycat Chick-Fil-A Sauce Variety of Condiments</p>	<p>31 Loaded Nacho Bar <u>Choice of</u> Loaded Beef Nachos or Buffalo Chicken Nachos w/ topping choices such as Romaine Lettuce Tomato Salsa Sliced Jalapeno Peppers Fiesta Black Beans Sour Cream <u>Veggie Choices</u> Assorted Veggie Cups Roasted Red Pepper Hummus <u>Fruit Choices</u> Seasonal Fresh Fruit Daily Fruit Cups <u>Milk Choices</u> 1% Low Fat Milk Nonfat Chocolate Milk <u>Condiments</u> Variety of Condiments</p>			