



Canyons - Somerset Academy Middle School

Lunch · October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hamburger 319 cal or Cheeseburger 355 cal Cheese Pizza 661 cal Crunchers Popcorn Chicken 312 cal Salad Croutons 142 cal Grape PB&J Sandwich 590 cal Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Potato Sticks 100 cal Pickle 4 cal	2 Southern Hot Chicken and Waffle 564 cal Wild Mike's Cheesy Bites 420 cal Marinara Dipping Cup 40 cal Blueberry Muffin Platter 424 cal Corn 80 cal
5 Chicken Patty Sandwich 351 cal Hot Dog 310 cal Relish 15 cal Italian Sub 416 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Sweet Potato Waffle Fries 183 cal	6 Walking Taco 367 cal Salsa and Shredded Lettuce 25 cal Sour Cream 14 cal Taco Sauce 60 cal Sliced Jalapenos 10 cal Breaded Mozzarella Cheese Sticks 493 cal Marinara Dipping Cup 40 cal Grilled Chicken Salad 199 cal Croutons 284 cal Chocolate Chip Muffin Platter 417 cal Seasoned Black Beans 142 cal	7 Orange Chicken 388 cal Rice with Veggies 241 cal Macaroni and Cheese 350 cal Dinner Roll 80 cal Garden Salad with Egg & Cheese 142 cal Croutons 284 cal Chicken Tender Wrap 38 cal Broccoli	8 Pierogies and Kielbasa 313 cal Breadstick 110 cal Chicken Nuggets 236 cal Plant-Based Nuggets 256 cal Buffalo Chicken Bites 329 cal Salad Croutons 142 cal or Grape PB&J Sandwich 590 cal Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Tuscan Green Beans 48 cal	9 Mini Twin Cheeseburgers 316 cal Cheese Pizza Crunchers 661 cal Chocolate Chip Muffin Platter 417 cal Potato Smiles 196 cal
12 No menu published	13 Chicken Soft Taco 397 cal Black Beans & Rice and Salsa 136 cal Shredded Lettuce 25 cal Taco Sauce 14 cal Sliced Jalapenos 10 cal Hamburger 319 cal or Cheeseburger 355 cal Grilled Chicken Caesar Salad 158 cal Croutons 284 cal Caesar Dressing 340 cal Banana Muffin Platter 387 cal Seasoned Black Beans 142 cal	14 Penne Pasta with Meatballs 391 cal Breadstick 110 cal Breaded Mozzarella Cheese Sticks 493 cal Marinara Dipping Cup 40 cal Italian Sub 416 cal Yogurt & Cheese Cube Platter 400 cal Green Beans 40 cal	15 Chicken & Vegetable Potstickers with Ramen 427 cal High School Portion: Chicken and Vegetable Potstickers 465 cal Deep Dish Cheese Pizza 310 cal Chicken Tenders Salad 290 cal Croutons 142 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Asian Broccoli 75 cal	16 Chicken Nuggets 236 cal Brazilian Sweet Bread 100 cal Plant-Based Nuggets 256 cal Comdog 240 cal Banana Muffin Platter 387 cal Potato Sticks 100 cal
19 BBQ Pulled Pork 300 cal Hushpuppies 150 cal High School Portion: Macaroni and Cheese 350 cal Turkey and Cheese Sub 337 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal BBQ Baked Beans 205 cal	20 Beef Nachos w/Tortilla Chips 428 cal Dill Chicken Bites 378 cal Dinner Roll 80 cal Popcorn Chicken Salad 312 cal Croutons 142 cal Chocolate Chip Muffin Platter 417 cal Sliced Sweet Plantains 280 cal	21 Beef and Broccoli Ramen Bowl 505 cal Meat Lovers Stromboli 310 cal Marinara Dipping Cup 40 cal Nashville Hot Chicken Wrap 466 cal Strawberry Yogurt Parfait 277 cal Mini Graham Bite Chortles 110 cal High School Portion: Peas and Carrots 74 cal	22 Chicken and Mashed Potato Bowl 420 cal Classic Whole Grain Biscuit 159 cal Grilled Cheese Sandwich 320 cal Chef Salad with Turkey and Egg 208 cal Croutons 284 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Corn 80 cal	23 Chicken Patty Sandwich 351 cal Breaded Mozzarella Cheese Sticks 493 cal Marinara Dipping Cup 40 cal Chocolate Chip Muffin Platter 417 cal Broccoli 38 cal Pickle 4 cal
26 Asian Chicken Bites 331 cal Dinner Roll 80 cal Deep Dish Cheese Pizza 310 cal Italian Sub 416 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Green Peas 89 cal	27 Kielbasa Sub Comdog 240 cal Blueberry Muffin Platter 424 cal Seasoned Red Beans 166 cal	28 Pasta Penne with Meat Sauce 468 cal or Penne Pasta 262 cal Breadstick 110 cal Chicken Tenders 439 cal Turkey and Cheese Sub 337 cal Mini Mandarin Popcorn Chicken Salad 335 cal Croutons 142 cal Broccoli 38 cal	29 Chicken Adobo 383 cal Brown Rice 99 cal Wild Mike's Cheesy Bites 420 cal Marinara Dipping Cup 40 cal Chicken Tender Wrap 450 cal Grape PB&J Sandwich 590 cal or Grape Soybuter Sandwich Platter 450 cal PBJ Grape Sandwich Platter 461 cal Green Beans 40 cal	30 Mini Twin Cheeseburgers 316 cal Individual Cheese Pizza 330 cal Blueberry Muffin Platter 424 cal Potato Smiles 196 cal Frozen Italian Ice 90 cal

Served every day

offered with