

Cameron High School Feb 2018

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Week 5

Monday, January 29, 2018	Tuesday, January 30, 2018	Wednesday, January 31, 2018	Thursday, February 01, 2018	Friday, February 02, 2018
Meatball Hoagie w/wo Cheese	Chicken Strips or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls/ marinara sauce	Grilled Chicken Filet- Regular or Hot and Spicy	Pasta with Meat Sauce
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni
Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick	Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick
Potato Smiles	Crispy French Fries	Garlic Steamed Broccoli	Roasted Red Potatoes	Caesar Salad
Baked Beans	Seasoned Brussel Sprouts	Peas	Steamed Corn	Green Beans
Sugar Snap Peas	Lima Beans	Cottage Cheese	Kidney Beans	Roasted Garlic Cauliflower
Garbanzo Bean Salad	Baby Carrots w/Dip	Rice Crispy Treat	Fruit Cocktail	Hot Roll
Strawberry Fruit Cup	Salad Bar	Salad Bar	Royal Brownie	Salad Bar
Salad Bar			Salad Bar	

Week 1

Monday, February 05, 2018	Tuesday, February 06, 2018	Wednesday, February 07, 2018	Thursday, February 08, 2018	Friday, February 09, 2018
Southwest Chicken Quesadilla w/Salsa	Chicken Alfredo with A Twist	Taco's in a Bag Or Taco Salad	Roasted Turkey	Hot Dog on Bun
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V102
Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
Pierogies (serve 3) .5 M 1/2 B)	Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
Mixed Cooked Veggies	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
Peach Cup	Hot Roll	Stir Fry Veggies	Hot Roll	Baked Beans
Sherbet	Fresh Fruit	Applesauce	Fresh Fruit	Sautéed Veggies
Salad Bar	Sugar Snap Peas	Red Pepper Strips w/Dip	California Blend	Chocolate Chip Cookie
	Salad Bar	Salad Bar	Salad Bar	Salad Bar

Week 2

Monday, February 12, 2018	Tuesday, February 13, 2018	Wednesday, February 14, 2018	Thursday, February 15, 2018	Friday, February 16, 2018
Salisbury Steak	Chicken Cheese and Ranch Wrap	Sweet Thai Chili or Teriyaki Chicken	Chicken Philly Sub	Fish Sandwich on Bun #1028 2m, 3.5 B
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105	Bistro Spinach Salad V105
Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant	Turkey and Cheese on Croissant
Mashed Potatoes w/gravy	Nachos w/ Corn and Black Bean Salsa	Romaine Tossed Salad	Roasted Red Potatoes	Baby Carrots with Dip
Broccoli w/Parmesan Cheese	Steamed Corn	Peas	Baked Beans	French Fries
Hot Roll	Fresh Fruit	Hot Roll	Hot Roll	California Blend Veggies
Sliced Pears	Honey Apple Crisp	Vegetable Fried Rice	Roasted Garlic Brussel Sprouts	Salad Bar
Steamed Carrots	Sugar Snap Peas	Mandarin Orange Slices, Oreo Cookies	Salad Bar	
Salad Bar	Salad Bar	Salad Bar		

Week 3

Monday, February 19, 2018	Tuesday, February 20, 2018	Wednesday, February 21, 2018	Thursday, February 22, 2018	Friday, February 23, 2018
Sloppy Joe's MC Recipe E80	Chicken Nuggets- Regular or Hot and Spicy	Egg Rolls (Serve 2)	Taco's in a Bag Or Taco Salad	Grilled Cheese
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120	Chicken Pasta Salad V120
Chicken Salad on Croissant	Chicken Salad on Croissant	Chicken Salad on Croissant	Chicken Salad on Croissant	Chicken Salad on Croissant
Potato Wedges	Mashed Potatoes w/Gravy	Caesar Salad	lettuce, tomato, salsa and cheese)	Tomato Soup 3/4 Cup
Green Beans, Honey Carrot Coins	Steamed Mixed Veggies	Roasted Brussel Sprouts	Pinto Beans	Steamed Corn
Hot Roll	Peas	Baked Beans	Stir Fry Veggies	Sliced Chilled Pears
Fruit Cocktail Cup	Hot Roll		Pasta Salad	Red Pepper Strips w/Dip
Mandarin Orange Spinach Salad	Baby Carrots with Dip	Strawberry Fruit Cup	Salad Bar	Cheeze - It Crackers
Salad Bar	Salad Bar	Salad Bar		Salad Bar

Week 4

Monday, February 26, 2018	Tuesday, February 27, 2018	Wednesday, February 28, 2018	Thursday, March 01, 2018	Friday, March 02, 2018
Chicken Drumstick (1013)	Steak Hoagie on Bun With Grilled Onions and Peppers	Burrito	Hamburger or Cheeseburger on Bun	Cheese Quesadilla 1054A CN=3
French Bread - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni
Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115
Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
Mashed Potatoes w/gravy	Potato Wedges	Romaine Tossed Salad	Crispy French Fries	Vegetable Fried Rice
Baked Beans	Steamed Broccoli	Sweet Green Peas	Baked Beans	Steamed Carrots
Corn	Warm Apple slices w/Cinnamon	Garlic Roasted Cauliflower	Steamed Corn	Red Pepper Strips w/Dip
Hot Roll	Salad Bar	Hot Roll	Broccoli and Cauliflower Salad	Hot Roll
Salad Bar		Salad Bar	Peach Cup	Double Chocolate Chip Cookie
			Salad Bar	Salad Bar

Students may choose 1 entrée from three different entrée serving lines.
Full salad bar available with each entrée!

A variety of milk will be offered daily. May select only one milk.
A 100% 4 oz. fruit juice will be offered daily. Students may select only one juice.
Juice may count toward the 1/2 c fruit or vegetable component.

The salad bar will contain fresh leafy greens, dark red and orange veggies, as well as a variety of other nutrient rich fresh vegetables. Cooked vegetables will also be offered on the

**Must Choose at least 3 of 5 different food groups-
Including at least a 1/2 c fruit or vegetable**

So Take Your Pick and Build a Healthy Lunch

Vegetables

Fruits

Menu subject to change.

Milk

Proteins

Grains

"This institution is an equal opportunity provider"

The bar will also contain a variety of fresh and canned fruit. Specialty items and salads such as cottage cheese, broccoli and cauliflower salad, pasta salad, and black bean and corn salsa will also be rotated on the salad bar.

Grain items - pasta, bread, rice, will also be rotated on the bar.

***It is our intent that students may take one serving (1/2 C) of each fruit/vegetable item available on the bar. Additional servings may be taken if they are consumed on the premise. Condiments and salad dressings should be taken in moderation. ***
Thank You.