

Cameron High School Oct 2018 National School Lunch Week Oct 15-19

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Week 3

Monday, October 01, 2018	Tuesday, October 02, 2018	Wednesday, October 03, 2018	Thursday, October 04, 2018	Friday, October 05, 2018
Sloppy Joe's MC Recipe E80	MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes , Popcorn Chicken, Corn, Gravy	Egg Rolls (Serve 2)	Taco's in a Bag Or Taco Salad	Cheese Quesadilla
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
Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
Crispy Curly Fries	Steamed Mixed Veggies	Caesar Salad	lettuce, tomato, salsa and cheese)	Smile Fries
Green Beans, Honey Carrot Coins	Peas	Roasted Brussel Sprouts	Pinto Beans	Baby Lima Beans
Hot Roll	Hot Roll	Baked Beans	Stir Fry Veggies	Corn
Frozen Fruit Slushie	Baby Carrots with Dip	Wow Butter Cookie	Pasta Salad	Salad Bar
Mandarin Orange Spinach Salad	Salad Bar	Strawberry Fruit Cup	Salad Bar	
Salad Bar		Salad Bar		

Week 4

Monday, October 08, 2018	Tuesday, October 09, 2018	Wednesday, October 10, 2018	Thursday, October 11, 2018	Friday, October 12, 2018
Chicken Drumstick (1013)	Cheese Quesadilla	Steak Hoagie on Bun With Grilled Onions and Peppers	Hamburger or Cheeseburger on Bun	General Tso or Teriyaki Chicken
French Bread - 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
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	Hash Brown Rounds	Romaine Tossed Salad	Crispy French Fries	Vegetable Fried Rice
Broccoli w/Parmesan Cheese	Green Beans	Sweet Green Peas	Baked Beans	Steamed Carrots
Corn	Mixed Cooked Veggies	Garlic Roasted Cauliflower	Sautéed Veggies	Red Pepper Strips w/Dip
Hot Roll	Salad Bar	Hot Roll	Broccoli and Cauliflower Salad	Hot Roll
Applesauce	National School Lunch Week	Salad Bar	Peach Cup	Salad Bar
Salad Bar	School Lunch - Lots 2 Love		Salad Bar	

Week 5

Monday, October 15, 2018	Tuesday, October 16, 2018	Wednesday, October 17, 2018	Thursday, October 18, 2018	Friday, October 19, 2018
Meatball Hoagie w/wo Cheese	Chicken Nuggets or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls/ marinara sauce	Rosemary Chicken	Lasagna/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 Curly 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	Frozen Fruit Slushie
Salad Bar			Salad Bar	Salad Bar

Week 1

Monday, October 22, 2018	Tuesday, October 23, 2018	Wednesday, October 24, 2018	Thursday, October 25, 2018	Friday, October 26, 2018
	Chicken Alfredo with A Twist	Taco's in a Bag Or Taco Salad	Chicken Nuggets - Regular or Hot and Spicy	Hot Dog on Bun
	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
	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
	Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
	Hot Roll	Stir Fry Veggies	Hot Roll	Baked Beans
	Fresh Fruit	Peach Cup	Fresh Fruit	Sautéed Veggies
	Sugar Snap Peas	Red Pepper Strips w/Dip	California Blend	Chocolate Chip Cookie
	Salad Bar	Salad Bar	Salad Bar	Salad Bar

Week 2

Monday, October 29, 2018	Tuesday, October 30, 2018	Wednesday, October 31, 2018	Thursday, November 01, 2018	Friday, November 02, 2018
Salisbury Steak	Fish Tacos	Sweet Thai Chili or Teriyaki Chicken	Chicken Philly Sub	Freshly Baked Pizza Stromboli
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	Curly French Fries	Romaine Tossed Salad	Roasted Red Potatoes	Baby Carrots with Dip
Broccoli w/Parmesan Cheese	Mexican Corn	Peas	Baked Beans	Green Beans
Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	California Blend Veggies
Sliced Pears	Rice Crispy Treat	Vegetable Fried Rice	Roasted Garlic Brussel Sprouts	Salad Bar
Steamed Carrots	Salad Bar	Mandarin Orange Slices Apple Crisp	Salad Bar	
Salad Bar		Salad Bar		

**Students may choose 1 entrée from four 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.