

Cameron High School Nov 2018

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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	General Tso 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		

Week 3


Monday, November 05, 2018	Tuesday, November 06, 2018	Wednesday, November 07, 2018	Thursday, November 08, 2018	Friday, November 09, 2018
Sloppy Joe's MC Recipe E80		Egg Rolls (Serve 2)	Taco's in a Bag Or Taco Salad	Cheese Quesadilla
Round Deep Dish Pizza - 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
Buffalo Chicken Roll -up		Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
Crispy Curly Fries		Caesar Salad	lettuce, tomato, salsa and cheese)	Smile Fries
Green Beans, Honey Carrot Coins		Roasted Brussel Sprouts	Pinto Beans	Baby Lima Beans
Hot Roll		Baked Beans	Stir Fry Veggies	Corn
Frozen Fruit Slushie		Wow Butter Cookie	Pasta Salad	Salad Bar
Mandarin Orange Spinach Salad		Strawberry Fruit Cup	Salad Bar	
Salad Bar		Salad Bar		



Week 4

Monday, November 12, 2018	Tuesday, November 13, 2018	Wednesday, November 14, 2018	Thursday, November 15, 2018	Friday, November 16, 2018
	Cheese Quesadilla	Steak Hoagie on Bun With Grilled Onions and Peppers	Roasted Turkey	General Tso or Teriyaki Chicken
	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
	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie
	Hash Brown Rounds	Romaine Tossed Salad	Mashed Potatoes w/gravy	Vegetable Fried Rice
	Green Beans	Sweet Green Peas	Stuffing Noodles	Steamed Carrots
	Mixed Cooked Veggies	Garlic Roasted Cauliflower	Green Beans Corn	Red Pepper Strips w/Dip
	Salad Bar	Hot Roll	Hot Roll	Hot Roll
		Salad Bar	Pumpkin Dessert	Salad Bar
			Salad Bar	

Week 5

Monday, November 19, 2018	Tuesday, November 20, 2018	Wednesday, November 21, 2018	Thursday, November 22, 2018	Friday, November 23, 2018
Meatball Hoagie w/wo Cheese	Chicken Strips or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls/ marinara sauce		
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni		
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		
Potato Smiles	Crispy Curly Fries	Garlic Steamed Broccoli		
Baked Beans	Seasoned Brussel Sprouts	Peas		
Sugar Snap Peas	Lima Beans	Cottage Cheese		
Garbanzo Bean Salad	Baby Carrots w/Dip	Rice Crispy Treat		
Strawberry Fruit Cup	Salad Bar	Salad Bar		
Salad Bar				

Week 1

Monday, November 26, 2018	Tuesday, November 27, 2018	Wednesday, November 28, 2018	Thursday, November 29, 2018	Friday, November 30, 2018
Brunch For Lunch - Sausage and Egg Patty on Pretzel Bun	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	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
Hash Brown Rounds	Caesar Salad	Peas	Mashed Potatoes w/Gravy	Creamy Coleslaw
Steamed Broccoli	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
Warm Apple slices w/Cinnamon	Hot Roll	Stir Fry Veggies	Hot Roll	Baked Beans
Salad Bar	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

**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.