

Cameron High School Dec 2018

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Week 2

| Monday, December 03, 2018                   | Tuesday, December 04, 2018         | Wednesday, December 05, 2018              | Thursday, December 06, 2018                 | Friday, December 07, 2018                 |
|---|------------------------------------|---|---|---|
| Salisbury Steak                             | Fish Tacos                         | General Tso or Teriyaki Chicken           | Chicken Philly Sub                          | Freshly Baked Pizza Stromboli w/ marinara |
| 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                     | Breaded Onion Rings                | 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                                | Honey Apple Crisp                  | Vegetable Fried Rice                      | Roasted Garlic Brussel Sprouts              | Salad Bar                                 |
| Steamed Carrots                             | Salad Bar                          | Mandarin Orange Slices Apple Crisp        | Salad Bar                                   |   |
| Salad Bar                                   |                                    | Salad Bar                                 |   |   |



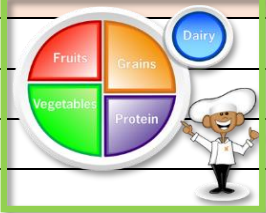
Week 3

| Monday, December 10, 2018                   | Tuesday, December 11, 2018   | Wednesday, December 12, 2018 | Thursday, December 13, 2018                 | Friday, December 14, 2018          |
|---|--|------------------------------|---|------------------------------------|
| Sloppy (Pork) Joes on Bun                   | MCC-Bowl Marshall County<br>Chicken Bowl!!! Mashed Potatoes ,<br>Popcorn Chicken, Corn, Gravy. | Egg Rolls (Serve 2)          | Roasted Turkey                              | 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                 | Mashed Potatoes w/gravy                     | Smile Fries                        |
| Green Beans, Honey Carrot Coins             | Peas   | Roasted Brussel Sprouts      | Stuffing Noodles                            | Baby Lima Beans                    |
| Hot Roll                                    | Hot Roll   | Baked Beans                  | Green Beans Corn                            | Corn                               |
| Frozen Fruit Slushie                        | Baby Carrots with Dip  | Rice Crispy Treat            | Hot Roll                                    | Salad Bar                          |
| Mandarin Orange Spinach Salad               | Salad Bar  | Strawberry Fruit Cup         | Pumpkin Dessert                             |                                    |
| Salad Bar                                   |  | Salad Bar                    | Salad Bar                                   |                                    |


**Week 4**

| Monday, December 17, 2018          | Tuesday, December 18, 2018         | Wednesday, December 19, 2018                        | Thursday, December 20, 2018 | Friday, December 21, 2018   |
|------------------------------------|------------------------------------|---|-----------------------------|---|
| Chicken Drumstick (1013)           | Cheese Quesadilla                  | Steak Hoagie on Bun With Grilled Onions and Peppers |                             |   |
| French Bread - Cheese or Pepperoni | French Bread - Cheese or Pepperoni | Stuffed Crust Pizza - Cheese or Pepperoni           | Cooks Choice!               |  |
| Santa Fe Fajita Salad V115         | Santa Fe Fajita Salad V115         | Santa Fe Fajita Salad V115                          |                             |   |
| Deli Boardwalk Hoagie              | Deli Boardwalk Hoagie              | Deli Boardwalk Hoagie                               |                             |   |
| Mashed Potatoes w/gravy            | Hash Brown Rounds                  | Romaine Tossed Salad                                |                             |   |
| Broccoli w/Parmesan Cheese         | Green Beans                        | Sweet Green Peas                                    |                             |   |
| Corn                               | Mixed Cooked Veggies               | Garlic Roasted Cauliflower                          |                             |   |
| Hot Roll                           | Salad Bar                          | Hot Roll  |                             |   |
| Strawberry Fruit Cup               |                                    | Salad Bar   |                             |   |
| Salad Bar                          |                                    |   |                             |   |

**Week 5**

| Monday, December 24, 2018   | Tuesday, December 25, 2018   | Wednesday, December 26, 2018 | Thursday, December 27, 2018 | Friday, December 28, 2018   |
|---|--|------------------------------|-----------------------------|---|
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|   |  |                              |                             |   |

Week 1

| Monday, December 31, 2018   | Tuesday, January 01, 2019   | Wednesday, January 02, 2019               | Thursday, January 03, 2019                  | Friday, January 04, 2019             |
|---|---|---|---|--------------------------------------|
|   |   | Taco's in a Bag Or Taco Salad             | Chicken Nuggets - Regular or Hot and Spicy  | Hot Dog on Bun                       |
|   |   | 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            |
|   |   | Ham and Cheese on Pretzel Bun             | <b>Ham and Cheese on Pretzel Bun</b>        | <b>Ham and Cheese on Pretzel Bun</b> |
|   |   | Peas                                      | Mashed Potatoes w/Gravy                     | Creamy Coleslaw                      |
|   |   | Pasta Salad                               | Steamed Carrots                             | Crispy French Fries                  |
|   |   | Stir Fry Veggies                          | Hot Roll                                    | Baked Beans                          |
|   |   | Peach Cup                                 | Fresh Fruit                                 | Sautéed Veggies                      |
|   |   | Red Pepper Strips w/Dip                   | California Blend                            | Chocolate Chip Cookie                |
|   |   | 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.