

Cameron High School Jan 2019

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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	Ham and Cheese on Pretzel Bun	Ham and Cheese on Pretzel Bun
		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




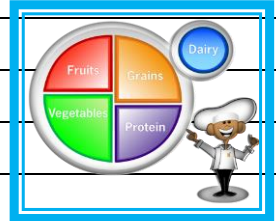
Week 2

Monday, January 07, 2019	Tuesday, January 08, 2019	Wednesday, January 09, 2019	Thursday, January 10, 2019	Friday, January 11, 2019
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, January 14, 2019	Tuesday, January 15, 2019	Wednesday, January 16, 2019	Thursday, January 17, 2019	Friday, January 18, 2019
Sloppy Joes On Bun	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, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
	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	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	Crispy French Fries	Vegetable Fried Rice
	Green Beans	Sweet Green Peas	Baked Beans	Steamed Carrots
	Mixed Cooked Veggies	Garlic Roasted Cauliflower	Sautéed Veggies	Red Pepper Strips w/Dip
	Salad Bar	Hot Roll	Broccoli and Cauliflower Salad	Hot Roll
		Salad Bar	Peach Cup	Salad Bar
			Salad Bar	

Week 5

Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	Friday, February 01, 2019
Meatball Hoagie w/wo Cheese	Chicken Nuggets or Hot and Spicy Chicken Nuggets	Freshly Baked Pepperoni Rolls/ marinara sauce	Grilled Chicken Filet on Bun	Cheeseburger Mac
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

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 vegetables, 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.