





Cameron High School Feb 2019

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Week 1

Monday, February 04, 2019	Tuesday, February 05, 2019	Wednesday, February 06, 2019	Thursday, February 07, 2019	Friday, February 08, 2019
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


Week 2

Monday, February 11, 2019	Tuesday, February 12, 2019	Wednesday, February 13, 2019	Thursday, February 14, 2019	Friday, February 15, 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	Salad Bar	
Salad Bar		Salad Bar	Valentines Day Slushie 	

Week 3

Monday, February 18, 2019	Tuesday, February 19, 2019	Wednesday, February 20, 2019	Thursday, February 21, 2019	Friday, February 22, 2019
	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
	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 Salad on Croissant	Buffalo Chicken Roll -up	Chicken Salad on Croissant	Buffalo Chicken Roll -up
	Steamed Mixed Veggies	Caesar Salad	lettuce, tomato, salsa and cheese)	Smile Fries
	Peas	Roasted Brussel Sprouts	Pinto Beans	Baby Lima Beans
	Hot Roll	Baked Beans	Stir Fry Veggies	Corn
	Baby Carrots with Dip	Wow Butter Cookie	Pasta Salad	Salad Bar
	Salad Bar	Strawberry Fruit Cup	Salad Bar	
		Salad Bar		

Week 4

Monday, February 25, 2019	Tuesday, February 26, 2019	Wednesday, February 27, 2019	Thursday, February 28, 2019	Friday, March 01, 2019
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
Strawberry Fruit Cup		Salad Bar	Applesauce	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.