

Cameron High School May 2019

| Week 3 | Monday, April 29, 2019 | Tuesday, April 30, 2019 | Wednesday, May 01, 2019 | Thursday, May 02, 2019 | Friday, May 03, 2019 |
|---------------|---|--|--|---|--|
| | Sloppy Joe 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 | Mini Corn Dogs |
| | 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 |
| | Curly Fries | | Caesar Salad | lettuce, tomato, salsa and cheese) | Potato Wedges |
| | Green Beans, Honey Carrot Coins | Peas | Roasted Brussel Sprouts | Pinto Beans | Celery Sticks w/wow Butter |
| | Hot Roll | Hot Roll | Baked Beans | Stir Fry Veggies | Chilled Peach Cup |
| | Frozen Fruit Slushie | | 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, May 06, 2019 | Tuesday, May 07, 2019 | Wednesday, May 08, 2019 | Thursday, May 09, 2019 | Friday, May 10, 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 |
| | Baked Beans | Green Beans | Sweet Green Peas | Baked Beans | Steamed Carrots |
| | Corn | Mixed Cooked Veggies | Garlic Roasted Cauliflower | Steamed Corn | Red Pepper Strips w/Dip |
| | Hot Roll | Salad Bar | Hot Roll | Broccoli and Cauliflower Salad | Hot Roll |
| | Salad Bar | | Salad Bar | Peach Cup | Salad Bar |
| | | | | Salad Bar | |

Week 5




| Monday, May 13, 2019 | Tuesday, May 14, 2019 | Wednesday, May 15, 2019 | Thursday, May 16, 2019 | Friday, May 17, 2019 |
|---|---|---|---|---|
| Meatball Hoagie w/wo Cheese | Chicken Nuggets or Hot and Spicy Chicken Strips | | Grilled Chicken Filet on Bun | Pasta with Meat Sauce |
| Round Deep Dish Pizza - Cheese or Pepperoni | French Bread - Cheese or Pepperoni | Wedge Cheese or Pepperoni Pizza | 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 | Mixed Fruit Cup | Hot Roll |
| Strawberry Fruit Cup | Salad Bar | Salad Bar | Royal Brownie | Frozen Fruit Slushie |
| Salad Bar | | | Salad Bar | Salad Bar |

Week 1

| Monday, May 20, 2019 | Tuesday, May 21, 2019 | Wednesday, May 22, 2019 | Thursday, May 23, 2019 | Friday, May 24, 2019 |
|--|--|-------------------------|------------------------|----------------------|
| Brunch For Lunch -Colby Cheese Omelet D315 | Cheeseburger Mac D168 CN=4.8 oz = 2M .5OEG | NO SCHOOL | | |
| French Bread - Cheese or Pepperoni | French Bread - Cheese or Pepperoni | | | |
| Chicken Caesar Salad V102 | Chicken Caesar Salad V102 | | | |
| Ham and Cheese on Pretzel Bun | Ham and Cheese on Pretzel Bun | | | |
| Hash Brown Rounds | Caesar Salad | | | |
| Steamed Broccoli | Steamed Corn | | | |
| Warm Apple slices w/Cinnamon | Hot Roll | | | |
| Lenders Bagel 2201A | Fresh Fruit | | | |
| Salad Bar | Sugar Snap Peas | | | |
| | Salad Bar | | | |

**Cooks
Choice**

Week 2

| Monday, May 27, 2019 | Tuesday, May 28, 2019 | Wednesday, May 29, 2019 | Thursday, May 30, 2019 | Friday, May 31, 2019 |
|---|-----------------------|-------------------------|------------------------|---|
| NO SCHOOL | | | | |
|  | | | | |
| | <h1>Cooks Choice</h1> | | |  |
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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.