


Cameron High School Oct 2019

Week 3	Monday, September 30, 2019	Tuesday, October 01, 2019	Wednesday, October 02, 2019	Thursday, October 03, 2019	Friday, October 04, 2019
	BBQ-Pork Patty on Bun	Marshall County Chicken Bowl!!!! Mashed Potatoes, Popcorn Chicken, Corn, Gravy, Cheese	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
	Smile Fries	Peas	Caesar Salad	lettuce, tomato, salsa and cheese)	World Smile Day! Smile Emoji Tots
	Honey Carrot Coins	Hot Roll	Roasted Brussel Sprouts	Pinto Beans	Celery Sticks w/wow Butter
	Hot Roll	Fresh Fruit	Green Beans	Stir Fry Veggies	Pineapple Tidbits
	Salad Bar	Salad Bar	Wow Butter Cookie	Pasta Salad	Salad Bar
			Strawberry Fruit Cup	Salad Bar	
			Salad Bar		
Week 4	Monday, October 07, 2019	Tuesday, October 08, 2019	Wednesday, October 09, 2019	Thursday, October 10, 2019	Friday, October 11, 2019
	Chicken Drumstick (1013)	Cheese Quesadilla Or Burrito	Steak Hoagie on Bun With Grilled Onions and Peppers	Hamburger or Cheeseburger on Bun	General Tso or Teriyaki Chicken
	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
	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	Nachos with Queso Sauce	Romaine Tossed Salad	Waffle Cut Sweet Potato Fries	Vegetable Fried Rice
	Baked Beans	Green Beans	Sweet Green Peas	Baked Beans	Steamed Carrots
	Corn	Mixed Cooked Veggies	Garlic Roasted Cauliflower		Stir Fry Veggies
	Breadstick	Salad Bar	Hot Roll	Broccoli and Cauliflower Salad	Hot Roll
	Applesauce		Salad Bar	Strawberry Fruit Cup	Salad Bar
	Salad Bar			Salad Bar	

Week 5

Monday, October 14, 2019	Tuesday, October 15, 2019	Wednesday, October 16, 2019	Thursday, October 17, 2019	Friday, October 18, 2019
No School	Chicken Nuggets Regular or Hot and Spicy	Freshly Baked Pepperoni Rolls/ marinara sauce	Chicken Cheesesteak on Pretzel Bun MC Recipe E235	Pasta with Meat Sauce
National School Lunch Week Oct 14- 18	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
	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
	Crinkle Cut Fries	Garlic Steamed Broccoli	Buttered Parsley Potatoes	Caesar Salad
	Seasoned Brussel Sprouts	Peas	Steamed Corn	Green Beans
	Baby Carrots w/dip	Cottage Cheese	Sliced Chilled Pears	Roasted Garlic Cauliflower
	Salad Bar	Rice Crispy Treat	Freshly Baked Brownie	Hot Roll
		Salad Bar	Salad Bar	Salad Bar

Week 1

Monday, October 21, 2019	Tuesday, October 22, 2019	Wednesday, October 23, 2019	Thursday, October 24, 2019	Friday, October 25, 2019
Brunch For Lunch	Chicken Alfredo with a Twist	Taco's in a Bag Or Taco Salad	Chicken Nuggets - Regular or Hot and Spicy	Pretzel Dog
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
Chicken Caesar Salad V102	Chicken Caesar Salad V102	Chicken Caesar Salad V103	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
Sausage and Egg on Pretzel Bun	Caesar Salad	Red Pepper Strips w/dip	Mashed Potatoes w/Gravy	Creamy Coleslaw
Tater Tots	Steamed Corn	Pasta Salad	Steamed Carrots	Crispy French Fries
Warm Apple slices w/Cinnamon	Garlic Breadstick	Chilled Peach Cup	Hot Roll	Baked Beans
Salad Bar	Fresh Fruit	Stir Fry Veggies	California Blend	Sautéed Veggies
	Sugar Snap Peas	Salad Bar	Salad Bar	Chocolate Chip Cookie
	Salad Bar			Salad Bar

Week 2

Monday, October 28, 2019	Tuesday, October 29, 2019	Wednesday, October 30, 2019	Thursday, October 31, 2019	Friday, November 01, 2019
Salisbury Steak	Fish Tacos	Sweet Thai Chili or Teriyaki Chicken	Oven Roasted Baked Chicken (D289)	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
Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200	Spicy Chicken and Egg Salad V200
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	Steamed 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	Fresh Fruit
Steamed Carrots	Salad Bar	Mandarin Orange Slice	Salad Bar	Cottage Cheese
Salad Bar		Salad Bar	Halloween Frozen Slushie (Pre-Ordered)	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 salad bar.

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

Milk

Proteins
Grains

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.