

Cameron High School Nov 2019

Week 3	Monday, November 04, 2019	Tuesday, November 05, 2019	Wednesday, November 06, 2019	Thursday, November 07, 2019	Friday, November 08, 2019
	Grilled Cheese	Marshall County Chicken Bowl!!!! Mashed Potatoes, Popcorn Chicken, Corn, Gravy, Cheese	Egg Rolls (Serve 2)	Taco's in a Bag Or Taco Salad	
	Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	School Made Pizza	Round Deep Dish Pizza - Cheese or Pepperoni	
	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	
	Tomato Soup	Peas	Caesar Salad	lettuce, tomato, salsa and cheese	
	Peas	Hot Roll	Roasted Brussel Sprouts	Pinto Beans	
	Sliced Chilled Pears	Fresh Fruit	Green Beans	Stir Fry Veggies	
	Goldfish Crackers	Salad Bar	Wow Butter Cookie	Pasta Salad	No School
	Salad Bar		Strawberry Fruit Cup	Salad Bar	
			Salad Bar		
Week 4	Monday, November 11, 2019	Tuesday, November 12, 2019	Wednesday, November 13, 2019	Thursday, November 14, 2019	Friday, November 15, 2019
		Cheese Quesadilla Or Burrito	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
	 Veterans Day	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
		Nachos with Queso Sauce	Romaine Tossed Salad	Crinkle Cut Fries	Vegetable Fried Rice
		Green Beans	Sweet Green Peas	Baked Beans	Steamed Carrots
	No school	Mixed Cooked Veggies	Garlic Roasted Cauliflower		Stir Fry Veggies
		Salad Bar	Hot Roll	Broccoli and Cauliflower Salad	Hot Roll
			Salad Bar	Strawberry Fruit Cup	Salad Bar
				Salad Bar	

Week 5

Monday, November 18, 2019	Tuesday, November 19, 2019	Wednesday, November 20, 2019	Thursday, November 21, 2019	Friday, November 22, 2019
Meatball Hoagie w/wo Cheese	Chicken Nuggets Regular or Hot and Spicy	Cooks Choice	Roast Turkey	Cooks Choice
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	Crinkle Cut Fries	Garlic Steamed Broccoli	Mashed Potatoes w/Gravy	
Baked Beans	Seasoned Brussel Sprouts	Peas	Steamed Corn	
Sugar Snap Peas	Baby Carrots w/dip	Cottage Cheese	Homestyle Noodles	
Garbanzo Bean Salad	Salad Bar	Rice Crispy Treat	Stuffing	
Frozen Fruit Sidekick		Salad Bar	Hot Roll Pumpkin Dessert	
Salad Bar			Salad Bar	

Week 1

Monday, November 25, 2019	Tuesday, November 26, 2019	Wednesday, November 27, 2019	Thursday, November 28, 2019	Friday, November 29, 2019
Cooks Choice	Cooks Choice			
Round Deep Dish Pizza - 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			
		No School	No School	No School



Week 2

Monday, December 02, 2019	Tuesday, December 03, 2019	Wednesday, December 04, 2019	Thursday, December 05, 2019	Friday, December 06, 2019
Salisbury Steak	Fish Tacos	Sweet Thai Chili or Teriyaki Chicken	Southwest Baked Chicken	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	Frozen Fruit Slushie
Steamed Carrots	Salad Bar	Mandarin Orange Slice	Salad Bar	Cottage Cheese
Salad Bar		Salad Bar	Fresh Fruit	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.