

Cameron High School Dec 2019


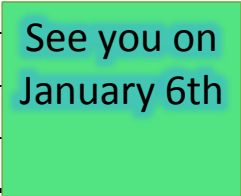
Week 2

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

Week 3

Monday, December 09, 2019	Tuesday, December 10, 2019	Wednesday, December 11, 2019	Thursday, December 12, 2019	Friday, December 13, 2019
Grilled Cheese	Marshall County Chicken Bowl!!! Mashed Potatoes, Popcorn Chicken, Corn, Gravy, Cheese	Egg Rolls (Serve 2)	Christmas Luncheon Roasted Turkey	Mini Corn Dogs
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Pizza - Choice	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
Tomato Soup	Peas	Caesar Salad	Mashed Potatoes w/Gravy	Tater Tots
Peas	Hot Roll	Roasted Brussel Sprouts	Green Beans	Celery Sticks w/wow Butter
Sliced Chilled Pears	Fresh Fruit	Broccoli w/Parmesan Cheese	Home-style Noodles	Pineapple Tidbits
Goldfish Crackers	Salad Bar	Wow Butter Cookie	Stuffing	Salad Bar
Salad Bar		Strawberry Fruit Cup	Hot Roll School Made Dessert	
		Salad Bar	Salad Bar	

Week 4

Monday, December 16, 2019	Tuesday, December 17, 2019	Wednesday, December 18, 2019	Thursday, December 19, 2019	Friday, December 20, 2019
Chicken Drumstick (1013)	Cheese Quesadilla Or Burrito	Steak Hoagie on Bun With Grilled Onions and Peppers	Cooks Choice	
Round Deep Dish Pizza - Cheese or Pepperoni	French Bread - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	Stuffed Crust Pizza - Cheese or Pepperoni	No School
Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V115	Santa Fe Fajita Salad V116	Start of Holiday Break
Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	Deli Boardwalk Hoagie	 
Mashed Potatoes w/gravy	Nachos with Queso Sauce	Romaine Tossed Salad		
Baked Beans	Green Beans	Sweet Green Peas		
Corn	Mixed Cooked Veggies	Garlic Roasted Cauliflower		
Hot Roll	Salad Bar	Hot Roll		
Applesauce		Salad Bar		
Salad Bar				

Week 2

Monday, January 06, 2020	Tuesday, January 07, 2020	Wednesday, January 08, 2020	Thursday, January 09, 2020	Friday, January 10, 2020
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.

Must Choose at least 3 of 5 different food groups-
Including at least a 1/2 c fruit or vegetable

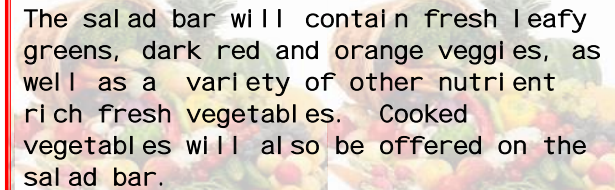
So Take Your Pick and Build a Healthy Lunch

Vegetables
Fruits

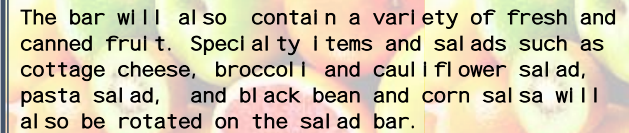
Milk

Proteins
Grains

www.mcsbenefit.com



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.



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.