

**Cameron High School Feb 2020**

	Monday, February 03, 2020	Tuesday, February 04, 2020	Wednesday, February 05, 2020	Thursday, February 06, 2020	Friday, February 07, 2020
<b>Week 1</b>	Brunch For Lunch	Chicken Alfredo with a Twist	Taco's in a Bag Or Taco Salad	Roasted Turkey	Hot Dog on Bun
	Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety
	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	<b>Ham and Cheese on Pretzel Bun</b>	<b>Ham and Cheese on Pretzel Bun</b>
	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
<b>Week 2</b>	Monday, February 10, 2020	Tuesday, February 11, 2020	Wednesday, February 12, 2020	Thursday, February 13, 2020	Friday, February 14, 2020
	Salisbury Steak	Southwest Chicken and Cheese Quesadilla 1054B CN=2	Sweet Thai Chili or Teriyaki Chicken	Popcorn Chicken (D301 CN=12)	  
	Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety	
	Spicy Chicken and Egg Salad V200	<b>Spicy Chicken and Egg Salad V200</b>	<b>Spicy Chicken and Egg Salad V200</b>	<b>Spicy Chicken and Egg Salad V200</b>	
	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	
	Broccoli w/Parmesan Cheese	Steamed Corn	Peas	Baked Beans	
	Hot Roll	Sugar Snap Peas	Hot Roll	Hot Roll	
	Mixed Fruit Cup	Honey Apple Crisp	Vegetable Fried Rice	Roasted Garlic Brussel Sprouts	
	Steamed Carrots	Salad Bar	Applesauce	Salad Bar	
	Salad Bar		Salad Bar	Fresh Fruit	

**Week 3**

Monday, February 17, 2020	Tuesday, February 18, 2020	Wednesday, February 19, 2020	Thursday, February 20, 2020	Friday, February 21, 2020
<b>Grilled Cheese</b>	<b>Chicken and Noodles</b>	<b>Egg Rolls (Serve 2)</b>	<b>Taco's in a Bag Or Taco Salad</b>	<b>Mini Corn Dogs</b>
Pizza -Variety	Pizza -Variety	School Made Pizza	Pizza -Variety	Pizza -Variety
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	Mashed Potatoes w/Gravy	Caesar Salad	lettuce, tomato, salsa and cheese)	Tater Tots
Peas	Corn	Roasted Brussel Sprouts	Pinto Beans	Celery Sticks w/wow Butter
Sliced Chilled Pears	Fresh Fruit	Green Beans	Stir Fry Veggies	Mixed Fruit Cup
Goldfish Crackers	Hot Roll	Wow Butter Cookie	Pasta Salad	Salad Bar
Salad Bar	Salad Bar	Strawberry Fruit Cup	Salad Bar	
		Salad Bar		

**Week 4**

Monday, February 24, 2020	Tuesday, February 25, 2020	Wednesday, February 26, 2020	Thursday, February 27, 2020	Friday, February 28, 2020
<b>Chicken Drumstick (1013)</b>	<b>General Tso or Teriyaki Chicken</b>	<b>Steak Hoagie on Bun With Grilled Onions and Peppers</b>	<b>Hamburger or Cheeseburger on Bun</b>	<b>Cheese Quesadilla Or Burrito</b>
Round Deep Dish Pizza - Cheese or Pepperoni	Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety
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	Vegetable Fried Rice	Romaine Tossed Salad	Crispy French Fries	Nachos with Queso Sauce
Baked Beans	Steamed Carrots	Sweet Green Peas	Baked Beans	Green Beans
Corn	Stir Fry Veggies	Garlic Roasted Cauliflower		Mixed Cooked Veggies
Breadstick	Hot Roll	Hot Roll	Broccoli and Cauliflower Salad	Mixed Fruit
Applesauce	Salad Bar	Salad Bar	Strawberry Fruit Cup	Salad Bar
Salad Bar			Salad Bar - Double Chocolate Chip Cookie	

**Week 5**

Monday, March 02, 2020	Tuesday, March 03, 2020	Wednesday, March 04, 2020	Thursday, March 05, 2020	Friday, March 06, 2020
Meatball Hoagie w/wo Cheese	Chicken Nuggets Regular or Hot and Spicy	Freshly Baked Pepperoni Rolls/ marinara sauce	Breaded Chicken Patty on Bun	Pasta with Marinara/Cheese stick
Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety	Pizza -Variety
Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125	Chef Salad V125
<b>Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick</b>	<b>Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick</b>	<b>Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick</b>	<b>Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick</b>	<b>Wow Butter and Jelly Sandwich - No Peanut Allergen/Cheese stick</b>
Potato Smiles	Crinkle Cut Fries	Garlic Steamed Broccoli	Roasted Red Potatoes	Caesar Salad
Baked Beans	Seasoned Brussel Sprouts	Peas	Baked Beans	Green Beans
Sugar Snap Peas	Baby Carrots w/dip	Cottage Cheese	Hot Roll	Roasted Garlic Cauliflower
Garbanzo Bean Salad	Salad Bar	Rice Crispy Treat	Roasted Garlic Brussel Sprouts	Breadstick
Frozen Fruit Sidekick		Salad Bar	Royal Brownie	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 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.