



**Cameron High School November**

visit on the web at [www.mcsbefit.com](http://www.mcsbefit.com)

**Week 1**

| Monday, November 1, 2021   | Tuesday, November 2, 2021                | Wednesday, November 3, 2021   | Thursday, November 4, 2021 | Friday, November 5, 2021  |
|--|--|-------------------------------|----------------------------|---------------------------|
| Cooks Choice   | Chicken Strips- Regular or Hot and Spicy | Taco's in a Bag Or Taco Salad | Southwest Salsa Quesadilla | Hot Dog on Bun            |
| <p><b>Food and supply shortages are nationwide, our district is also experiencing unavailable items and last minute substitutions. We will do our best to notify you of these changes.</b></p> <p><b>We appreciate your patience and</b></p>  | Pizza - Variety                          | Pizza - Variety               | Pizza - Variety            | Pizza - Variety           |
|  | Chicken Caesar Salad V102                | Chicken Caesar Salad V102     | Chicken Caesar Salad V102  | Chicken Caesar Salad V102 |
|  | Ham and Cheese on Bun                    | Ham and Cheese on Bun         | Ham and Cheese on Bun      | Ham and Cheese on Bun     |
|  | Roasted Red Potatoes                     | Peas                          | Nachos with Queso Sauce    | Crispy French Fries       |
|  | Steamed Carrots                          | Mixed Fruit Cup               | Veggie Sticks w/Dip        | Baked Beans               |
|  |  |                               | Green Beans                | Coleslaw                  |
|  | Salad Bar                                | Salad Bar                     | Salad Bar                  | Baked Fritos              |
|  |  |                               | Salad Bar                  |                           |

**Week 2**

| Monday, November 8, 2021                 | Tuesday, November 9, 2021      | Wednesday, November 10, 2021   | Thursday, November 11, 2021  | Friday, November 12, 2021 |
|--|--------------------------------|--------------------------------|--|---------------------------|
| Chicken Strips- Regular or Hot and Spicy | <b>BBQ Pork Patty on Bun</b>   | <b>Popcorn Chicken Wrap</b>    |  | <b>Breaded Pork Chop</b>  |
| Pizza - Variety                          | Pizza - Variety                | Pizza - Variety                |  | Pizza - Variety           |
| Chef Salad                               | Chef Salad                     | Chef Salad                     |  | Chef Salad                |
| Turkey and Cheese on Croissant           | Turkey and Cheese on Croissant | Turkey and Cheese on Croissant |  |                           |
| Mashed Potatoes w/gravy                  | Baked Potato                   | Romaine Tossed Salad           |  | French Fries w/Gravy      |
| Warm Apple Slices w/cinnamon             | Baked Beans                    | Corn                           |  | Red Pepper Strips w/dip   |
| Green Beans                              | Mixed Cooked Veggies           | Mandarin Orange Slices         |  | Hot Roll                  |
| Salad Bar                                |                                | Apple Crisp                    |  | Roasted Cauliflower       |
|  | Salad Bar                      |                                |  | Salad Bar                 |
|  |                                | Salad Bar                      |  |                           |
|  |                                |                                |  |                           |

**Week 3**

| Monday, November 15, 2021  | Tuesday, November 16, 2021    | Wednesday, November 17, 2021 | Thursday, November 18, 2021  | Friday, November 19, 2021  |
|--|-------------------------------|------------------------------|--|----------------------------|
| Baked Potato Bar- Top it Your Way! Taco Meat, Chili, Cheddar cheese, Queso veggies and more! | Taco's in a Bag Or Taco Salad | Chicken and Cheese Wrap      | MCC-Bowl Marshall County Chicken Bowl!!! Mashed Potatoes, Popcorn Chicken, Corn, Gravy, Cheese | Calzone w/Marinara         |
| Pizza - Variety  | Pizza - Variety               | Pizza - Variety              | Pizza - Variety  | Pizza - Variety            |
| Deli Boardwalk Hoagie  | Deli Boardwalk Hoagie         | Deli Boardwalk Hoagie        | Deli Boardwalk Hoagie  | Deli Boardwalk Hoagie      |
| Chicken Pasta Salad V120   | Chicken Pasta Salad V120      | Chicken Pasta Salad V120     | Chicken Pasta Salad V120   | Chicken Pasta Salad V120   |
| Smile Fries  | Pinto Beans                   | Caesar Salad                 | Mashed Potatoes w/Gravy  | Broccoli w/parmesan Cheese |
| Honey Carrot Coins   | Peas                          | Green Beans                  | Corn   | Sautéed Veggies            |
| Broccoli   | Pasta Salad                   | California Blend             |  | Tomato and Cucumber Salad  |
| Mixed Fruit Cocktail   | Salad Bar                     | Strawberry Fruit Cup         | Hot Rolls  | Vanilla Pudding            |
| Salad Bar  |                               | Rice Crispy Treat            | Salad Bar  | Salad Bar- Cottage Cheese  |
|  |                               | Salad Bar                    |  |                            |

**Week 4**

| Monday, November 22, 2021   | Tuesday, November 23, 2021       | Wednesday, November 24, 2021 | Thursday, November 25, 2021 | Friday, November 26, 2021 |
|-----------------------------|----------------------------------|------------------------------|-----------------------------|---------------------------|
| Oven Baked Chicken          | Cheeseburger or Hamburger on Bun |                              |                             |                           |
| Pizza - Variety             | Pizza - Variety                  |                              |                             |                           |
| Spicy Chicken and Egg Salad | Spicy Chicken and Egg Salad      |                              |                             |                           |
| Buffalo Chicken Roll -up    | Chicken Salad on Croissant       |                              |                             |                           |
| Mashed Potatoes w/gravy     | French Fries                     |                              |                             |                           |
| Peas                        | Baked Beans                      |                              |                             |                           |
| Hot Rolls                   | Broccoli and Parmesan Cheese     |                              |                             |                           |
| Applesauce                  | Broccoli and Cauliflower Salad   |                              |                             |                           |
| Sherbet                     | Peach Cup                        |                              |                             |                           |
| Salad Bar                   | Salad Bar                        | No School                    | No School                   | No School                 |



**Week 5**

| Monday, November 29, 2021  | Tuesday, November 30, 2021                      | Wednesday, December 1, 2021                    | Thursday, December 2, 2021                      | Friday, December 3, 2021   |
|----------------------------|---|--|---|----------------------------|
| Sloppy Joes on Bun         | Chicken Nuggets Regular or Hot and Spicy Strips | Freshly Baked Pepperoni Rolls w/marinara Sauce | Breaded Chicken Filet- Regular or Hot and Spicy | Lasagna with Meat Sauce    |
| Pizza Variety              | Pizza Variety                                   | Pizza Variety                                  | Pizza Variety                                   | Pizza Variety              |
| Santa Fe Fajita Salad V114 | Santa Fe Fajita Salad V114                      | Santa Fe Fajita Salad V114                     | Santa Fe Fajita Salad V114                      | Santa Fe Fajita Salad V114 |
| Egg Salad Sandwich         | Egg Salad Sandwich                              | Egg Salad Sandwich                             | Egg Salad Sandwich                              | Egg Salad Sandwich         |
| Smile Fries                | Crinkle Cut Fries                               | Cottage Cheese                                 | Tater Tots                                      | Caesar Salad               |
| Baked Beans                | Kidney Beans                                    | Garlic Steamed Broccoli                        | Steamed Corn                                    | Green Beans                |
| Peas                       | California Blend                                | Carrots  | Lima Beans                                      |                            |
| Mixed Fruit                | Red Pepper Strips w/dip                         | Snickerdoodle Cookie                           | Chilled Pears                                   | Breadstick                 |
| Garbanzo Bean Salad        | Salad Bar                                       | Salad Bar                                      | 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**

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.