

NOVEMBER 2017

CAMERON SCHOOL DISTRICT



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?
American football is the main sport watched in the United States during this month.

6
WARM BANANA BREAD GRAHAM CRACKERS
-OR-
COLD CEREAL CHOICE CRACKERS
BLUEBERRIES

7
ENGLISH MUFFIN /JELLY EGG PATTY
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

8
APPLE GRANOLA SQUARE YOGURT
-OR-
COLD CEREAL CHOICE CRACKERS
APPLESAUCE CUP

9
BREAKFAST BURITTO SALSA
-OR-
COLD CEREAL CHOICE CRACKERS
PEARS

10
WG POPTART CHOICE STRING CHEESE
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

13
NUTRIGRAIN BAR CHEESE BAGEL MELT
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

14
PANCAKES/SYRUP EGG PATTY
-OR-
COLD CEREAL CHOICE CRACKERS
STRAWBERRIES

15
YOGURT PARFAIT SCOOPY DOO GRAHAMS
-OR-
COLD CEREAL CHOICE CRACKERS
DICED PEACHES

16
WARM SOFT PRETZEL (PLAIN OR CHEESE) GRIPZ BITS
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

17
COCOA PUFF OR TRIX CEREAL BAR WG BAGEL/SMART BALANCE
-OR-
COLD CEREAL CHOICE CRACKERS
STRAWBERRY APPLESAUCE

20
INSERVICE DAY!

21
INSERVICE DAY!

22
VACATION DAY!

23
VACATION DAY!
Happy Thanksgiving!

24
VACATION DAY!

27
BREAKFAST PIZZA WG PRETZEL ROLL SALSA
-OR-
COLD CEREAL CHOICE CRACKERS
DICED PEARS

28
CHEESE OMELET WG TOAST/JELLY
-OR-
COLD CEREAL CHOICE CRACKERS
ORANGE AMBROSIA

29
MUFFIN CHOICE YOGURT
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

30
HOT CINNAMON ROLL GRAHAM CRACKERS
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

1
MUFFIN CHOICE YOGURT
-OR-
COLD CEREAL CHOICE CRACKERS
DICED PEACHES

2
HOT CINNAMON ROLL GRAHAM CRACKERS
-OR-
COLD CEREAL CHOICE CRACKERS
FRESH FRUIT

3
WG BAGEL/JELLY STRING CHEESE
-OR-
COLD CEREAL CHOICE CRACKERS
APPLE SAUCE

2017-18 BREAKFAST PROGRAM PRICES-

KG-12TH GRADE-
\$1.35/DAY
\$ 6.75/WEEK
\$22.95 /MONTH
(ANY STUDENT THAT QUALIFIES FORFREE OR REDUCED RATE LUNCHQUALIFIES FOR FREE BREAKFAST)

ADULTS/GUESTS-\$2.00/DAY

OFFER-VS-SERVE

Students Are Offered At Least 4 Items Following Guidelines For School Breakfast Programs Set By The USDA Which Include:

Whole Grains-
(Protien Foods May Be Offered After Daily Grain Requirement Is Met.)

Fruit , Juice and/or Vegetables-
Milk-(at least 2 choices)

Students must select at least 3 of the food items which should include 1/2 c of fruit, juice and/or vegetable

menued at the beginning of the service line to count as a complete meal under the USDA guidelines.

ITEMS ALSO AVAILABLE AT THE MS & HS (ONLY!) when menued (SUBJECT TO CHANGE)

For those who have a positive balance in their account and a signed ala carte permission slip on file with the food service

ADD'L ENTRÉE-	\$1.25
YOGURT PARFAIT-	\$1.25
BREAKFAST BAR-	\$.90
STRING CHEESE-	\$.75
CEREAL/CRACKER-	\$.60
4 OZ YOGURT CUP-	\$.60
FRUIT-	\$.50
4 OZ JUICE-	\$.50
8 OZ MILK-	\$.35

Menu and Nutritionals subject to change due to availability of products

Please read product labels when available or ask a Food service worker for assistance.

This institution is an equal opportunity provider



NOVEMBER 2017



LET'S EAT!

CAMERON SCHOOL DISTRICT
 PAY SCALE -17 DAYS
 KG-4TH=\$40.80 5TH-8TH=\$45.90 9TH-12TH=\$47.60
 REDUCED=\$6.80

LUNCH PRICES/MEAL KG-4=\$2.40, 6-8=\$2.70, 9-12=\$2.80
 REDUCED=\$.40 ADULTS/GUESTS=\$3.50 CHILD UNDER 5-\$2.80

OFFER-VS-SERVE

STUDENTS ARE OFFERED 5 FOOD COMPONENTS AND ARE ASKED TO SELECT AT LEAST 3 FULL COMPONENTS WHICH SHOULD INCLUDE 1/2 C SERVING OF FRUIT &/OR VEGETABLE CHOICE TO COUNT AS A COMPLETE MEAL UNDER THE



OFFERED DAILY:
 ASSORTED FRESH VEGETABLES

AT LEAST 2 MILK CHOICES INCLUDING:

1% SKIM CHOCOLATE SKIM

-MS/HS- ARE OFFERED AN *ALTERNATE MEAL OPTION DAILY UNLESS OTHER WISE STATED ON THE MENU!

HS STUDENTS ARE OFFERED AT LEAST 2 FRUIT CHOICES AND GARDEN GREENS DAILY. LARGER PORTIONS AND EXTRA GRAIN ITEMS ARE OFFERED THROUGHOUT THE WEEK TO MEET USDA GUIDELINES.

ITEMS ARE ALSO AVAILABLE AT THE HS & MS(ONLY)

(SUBJECT TO CHANGE)

(FOR THOSE WHO HAVE A POSITIVE BALANCE IN THEIR ACCOUNT AND A SIGNED ALA CARTE PERMISSION SLIP ON FILE WITH THE FOOD SERVICE.)

ADD'L DAILY ENTRÉE- \$1.75
 FRZ JUICE SLUSHY- \$.90
 STRING CHEESE- \$.75
 YOGURT CUP- \$.60
 FRUIT/VEGETABLE- \$.50
 4 OZ JUICE- \$.50
 8 OZ MILK - \$.35

(OTHER ITEMS MAY BE AVAILABLE THROUGHOUT THE YEAR AND WILL BE POSTED NEAR THE SERVING LINES

Account balances can be Checked at any Point of Sale

Mon	Tue	Wed	Thurs	Fri
30 BRATWURST/FIXINGS WG BUN STEAMED CALIFORNIA VEGGIES FRESH FRUIT KETCHUP/MUSTARD <i>ALT- HAM & CHEESE SUB</i>	31 CHEESY PIZZA DIPPERS W/SAUCE GARLIC BREADSTICK GARDEN SALAD PINEAPPLE <i>ALT- CHIX CAESAR WRAP</i>	1 HAMBURGER/WG BUN **(ROUND-UP BURGER) (HS) BAKED POTATO WEDGES FRESH FRUIT KETCHUP-MUSTARD <i>ALT- CHEF SALAD</i>	2 CHEESE OR PEPPERONI FLATBREAD PIZZA STEAMED BROCCOLI SALAD GREENS APPLE SAUCE <i>ALT- CHIX CHEESE GARDEN SALAD</i>	3 CORN DOG BAKED BEANS DINNER ROLL DICED PEACHES <i>ALT- TACO SALAD</i>
6 CHICKEN NUGGETS DIPPING SAUCE RICE A RONI STEAMED CARROTS FRESH FRUIT <i>ALT- HAM & CHEESE SUB</i>	7 TACO/FIXINGS WG GARLIC BREADSTICK BAKED BEANS ORANGE AMBROSIA SALSA <i>ALT-CHIX CAESAR WRAP</i>	8 BAKED MEATBALLS WHIPPED POTATOES/GRAVY GREEN BEANS CREAMY COLESLAW FRESH FRUIT <i>ALT- CHIX CHEESE GARDEN SALAD</i>	9 CHICKEN ALFREDO WG ROTINI PASTA WG ROLL-SMART BALANCE COOKED BABY PEAS CANNED DICED PEACHES <i>ALT- CHEF SALAD</i>	10 DELI MEAT & CHEESE SANDWICH SWEET CORN NIBLETS FRESH FRUIT SALAD DRESSING-MUSTARD <i>ALT- TACO SALAD</i>
13 CHICKEN FAJITA/FIXINGS WG GARLIC BREADSTICK BAKED BEANS STRAWBERRIES SALSA <i>ALT- CHEF SALAD</i>	14 HOT BBQ PORK SANDWICH COOKED SLICED CARROTS GARDEN SALAD DICED PEARS GRAHAM CRACKERS <i>ALT- CHIX CAESAR WRAP</i>	15 MACARONI & CHEESE STEAMED PEAS BREADSTICK FRESH FRUIT <i>ALT- CHIX CHEESE GARDEN SALAD</i>	16 TURKEY DINNER POTATOES/GRAVY GREEN BEANS/SQUASH WG DINNER ROLL CRANBERRY/SLUSHY <i>ALT- HAM CHEESE SUB</i>	17 PIZZA CALZONE STEAMED CORN GARDEN SALAD/SALTINES FRESH FRUIT <i>ALT- TACO SALAD</i>
20 INSERVICE DAY!	21 INSERVICE DAY!	22 VACATION DAY!	23 VACATION DAY! 	24 VACATION DAY!
27 CHEESY HOT MOZZARELLA PIZZA DIPPERS W/SAUCE WG GARLIC BREADSTICK GARDEN SALAD ORANGE AMBROSIA <i>ALT-CHIX CHEESE GARDEN SALAD</i>	28 BAKED POTATO W/CHOICES: HAM, CHEESE SAUCE HOT BROCCOLI FLORETS WG ROLL/SMART BALANCE MIXED BERRIES <i>ALT- CHEF SALAD</i>	29 MINI CORN DOGS BAKED BEANS COLESLAW FRESH FRUIT KETCHUP/MUSTARD <i>ALT- CHIX CAESAR WRAP</i>	30 ITALIAN MEAT SAUCE WG PASTA GARLIC BREAD STICK SWEET CORN NIBLETS PINEAPPLE TIDBITS <i>ALT- HAM & CHEESE SUB</i>	

Questions ??
 Please call the Food Service Office
 at: 715- 458- 5821

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF PRODUCT

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

THANK YOU FOR YOUR PARTICIPATION
 IN THE NATIONAL SCHOOL
 LUNCH PROGRAM !!