

NOVEMBER 2018

CAMERON SCHOOL DISTRICT BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

Scorpio and Sagittarius are the astrological signs for November. Birthdays from November 1st through the 21st fall under the Scorpio sign. November 22nd through November 30th birthdays fall under the sign of Sagittarius.

1
BLUEBERRY YOGURT
PARFAIT
WG SPORTBITES
CRACKERS

BLUEBERRIES
(WITH CEREAL OPTION)

2
WG PANCAKES/SYRUP
EGG PATTY

CINNAMON APPLE
SLICES

5
WG BAGEL
STRAW. CREAM CHEESE

CHILLED PEACH CUP

6
WARM WG CINNAMON
ROLL

FRESH FRUIT

7
COCOA PUFF OR TRIX
BREAKFAST BAR
CHEEZIT CRACKERS

PINEAPPLE TIDBITS

8
WARM WG PRETZEL
CHEESE DIPPING SAUCE
GRIPZ BITS

FRESH FRUIT

9
BACON & CHEESE
BREAKFAST PIZZA
SALSA

STRAWBERRY CUP

12
WG DONUTS
GIANT GOLDFISH
CRACKERS

FRESH FRUIT

13
WG PANCAKES/ SYRUP
EGG PATTY

CHILLED DICED PEARS

14
APPLE GRANOLA BAR
TSTED ENGLISH MUFFIN
JELLY

BLUEBERRIES

15
WG POPART
STRING CHEESE

CHILLED PEACH CUP

16
CHEESE OMELET
WG TOAST

CINNAMON APPLE SLICES

19
NO SCHOOL
VACATION DAY

20
NO SCHOOL
VACATION DAY

21
NO SCHOOL
VACATION DAY

22
NO SCHOOL
Happy



23
NO SCHOOL
VACATION DAY

26
WG BANANA BREAD

FRESH FRUIT

27
MUFFIN CHOICE
FRUIT YOGURT CUP

FRESH FRUIT

28
SAUSAGE CHEESE
BREAKFAST SANDWICH
SALSA

PINEAPPLE TIDBITS

29
NUTRIGRAIN
BREAKFAST BAR
WG PRETZEL GOLDFISH

CHILLED PEAR CUP

30
ULTIMATE BREAKFAST
ROUND

CHILLED APPLESAUCE CUP

4K-12TH GRADE

\$1.50/DAY 17 Days)

\$ 7.50/WEEK

\$25.50 MONTH

(ANY STUDENT THAT QUALIFIES FOR FREE OR REDUCED RATE LUNCH QUALIFIES FOR FREE BREAKFAST)

ADULTS/GUESTS-\$2.00/DAY

JUICE, AND MILK CHOICE

AVAILABLE

WITH EVERY MEAL**

**COLD CEREAL AND CRACKER
OPTION OFFERED DAILY**

OFFER-VS-SERVE

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

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 ARE 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

ITEMIZED PRICING IS AVAILABLE AT ANY POINT OF SALE CHECKOUT OR BY CONTACTING THE FOOD SERVICE OFFICE AT 715 458-5821


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

<p>OFFER VS SERVE MEAL PATTERN Students are offered 5 Food Components</p> <p>Meat/Meat alternate</p> <p>Grain -All grains are whole grain rich</p> <p>Fruit-Fresh, frozen, canned in juice or light syrup <u>only</u></p> <p>Vegetable- Fresh, frozen, canned</p> <p>Under USDA guidelines students are asked to take a ½ cup Fruit ,Vegetable or combination daily on their lunch tray</p> <p>Milk-At least 2 choices offered daily consisting of: Low-fat or fat free white or fat free flavored</p> <p>STUDENTS must select 3 full Food components offered to receive the hot lunch rate otherwise ala carte prices will be applied</p>	<p>LUNCH PRICES ARE:</p> <p>ELEMENTARY KG-4th \$2.50</p> <p>MIDDLE 5-8th \$2.80</p> <p>HIGH SCHOOL 9-12th \$2.90</p> <p>REDUCED- KG-12th \$.40</p> <p>PAY SCALE – NOVEMBER-17 DAYS</p> <p>DAYS-17 Elem- 4K-4th \$42.50</p> <p>DAYS-17 MS- 5-8th \$47.60</p> <p>DAYS-17 HS- 9-12th \$49.30</p> <p>REDUCED= 4K-12= \$6.80</p> <p>ADD'L ENTRÉE-\$1.75</p> <p>ADULTS/GUESTS-\$3.75</p> <p>GUEST CHILD UNDER 5-\$2.90</p>	<p>PARENTS ARE ENCOURAGED TO EAT LUNCH WITH THEIR CHILD</p> <p>-IF YOU PLAN ON HAVING LUNCH PLEASE CALL THE SCHOOL OFFICE BY 8:15 A.M. THE DAY YOU PLAN TO EAT.</p> <p>-PLEASE MAKE PAYMENT IN THE SCHOOL OFFICE PRIOR TO ENTERING THE CAFETERIA.</p> <p>**** PLEASE NOTE ****</p> <p>You are not able to use your child's account to purchase a meal.</p>	<p>Menu subject to change due to availability of product!!!</p> <p>View the menu @ www.cameron.k12.wi.us</p> <p>PLEASE MAKE SURE YOUR CHILDS (RENS) LUNCH ACCT. HAS A POSITIVE BALANCE AT ALL TIMES</p> <p>“THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER.”</p> <p>Welcome to the 2018-19 school year We wish all students a very successful year!!</p>
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-ALL MEALS ARE SERVED WITH ASSORTED FRESH VEGETABLES -AND CHOICE OF 1%, SKIM, OR CHOCOLATE SKIM MILK- **HS OFFERED 2 FRUIT CHOICES DAILY-**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct 29 CHICKEN PATTY SANDWICH</p> <p>California blend veggies Sweet Potato nuggets Fresh fruit Alt- Chef Salad</p>	<p>30 TACO/ FIXINGS</p> <p>Toasted garlic bread round Steamed corn Fresh Fruit Alt- Caesar Wrap</p>	<p>31 DELI MEAT/CHEESE STACKER</p> <p>Baked beans Chips Chilled diced peaches Alt- Chicken Fajita Salad</p>	<p>NOV 1 ROAST PORK</p> <p>Whipped potatoes/ Gravy Steamed Green Beans Fresh dinner roll Hot cinnamon Apple slices/Cranberries Alt- Chicken Cheese Garden Salad</p>	<p>2 THREE CHEESE PIZZA CALZONE</p> <p>Garden salad/ saltines Steamed squash Chilled Diced Pears Garlic breadstick(HS) Alt- Taco Salad</p>
<p>5 CALIFORNIA BURGER</p> <p>Fixings Potato smiles Fresh fruit Alt- Caesar Wrap</p>	<p>6 NACHOS/ TORTILLA CHIPS</p> <p>Garden Fixings/Salsa Mixed veggies Pineapple tidbits Alt- Ham & Cheese Sub Sandwich</p>	<p>7 ITALIAN MEAT BALL SUB- SANDWICH</p> <p>Baked beans Saltine crackers Fresh fruit Alt- Chicken Cheese Garden Salad</p>	<p>8 CHICKEN ALFREDO OVER WG PENNE NOODLES</p> <p>WG dinner roll Steamed carrots Strawberry cup Alt- Chef Salad</p>	<p>9 MACARONI W/ CHEESE</p> <p>Warm garlic toast Cooked baby peas Fresh fruit Alt- Chicken Fajita Salad</p>
<p>12 CORN DOG</p> <p>Fresh dinner roll- (HS) Baked beans Chilled diced pears Alt- Caesar Wrap</p>	<p>13 CHICKEN FAJITA/ fixings</p> <p>WG dinner roll Steamed carrots Blueberry cup Alt- Chef Salad</p>	<p>14 HOT HAM AND CHEESE SANDWICH</p> <p>Steamed broccoli Creamy coleslaw Graham crackers Chilled diced peaches Alt- Chicken Cheese Garden Salad</p>	<p>15 ROAST TURKEY DINNER</p> <p>Whipped potatoes/ Gravy Squash Pumpkin bread Cinnamon apple slices/ Cranberry Alt- Ham & Cheese Sub Sandwich</p>	<p>16 MOZZARELLA PIZZA DIPPERS</p> <p>Italian Dipping sauce Cooked green beans Garlic breadstick Fresh fruit Alt- Taco Salad</p>
<p>19</p> <p>NO SCHOOL</p>	<p>20</p> <p>NO SCHOOL</p>	<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p style="text-align: center;"></p>	<p>23</p> <p>NO SCHOOL</p>
<p>26 CHICKEN NUGGETS/ dipping sauce</p> <p>Rice a roni Steamed carrots Dinner roll Fresh fruit Alt- Chef Salad</p>	<p>27 TACO/ FIXINGS</p> <p>Toasted Garlic bread round Steamed corn Pineapple tidbits Alt- Ham & Cheese Sub Sandwich</p>	<p>28 BAKED POTATO DICED HAM, CHEESE</p> <p>Baked beans WG dinner roll Fresh fruit Alt- Caesar Wrap</p>	<p>29 FRENCH TOAST STICK/ syrup SAUSAGE PATTY</p> <p>Fruit yogurt cup Orange juice Strawberries Alt- Chicken Cheese Garden Salad</p>	<p>30 PEPP OR CHEESE FLATBREAD PIZZA</p> <p>Steamed Broccoli florets Saltine crackers Garlic breadstick (HS) Fresh fruit- Alt- Chicken Fajita Salad</p>

****THE MIDDLE SCHOOL AND HIGH SCHOOL OFFER AN ALTERNATE LUNCH CHOICE DAILY DURING THE REGULAR SCHOOL YEAR!**