

September 2019

CAMERON SCHOOL DISTRICT - BREAKFAST MENU-GRADES 4K-12
 - AVAILABLE IN THE ELEMENTARY & MIDDLE SCHOOLS AT 7:45 A.M.
 HS STUDENTS CAN PURCHASE BREAKFAST AT THE MIDDLE SCHOOL

BREAKFAST PROGRAM

4K-12TH GRADE
 \$1.50/DAY 20 Days)
 \$ 7.50/WEEK
 \$30.00/ MONTH

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

ADULTS/GUESTS-\$2.00/DAY

**** JUICE AND MILK CHOICE AVAILABLE WITH EVERY MEAL ****

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 on 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

Monday

2

NO SCHOOL LABOR DAY

Tuesday

3

COLD CEREAL/CRACKERS
 -OR-
 WG CINNAMON DONUTS
 YOGURT CUP

STRAWBERRY APPLESAUCE

Wednesday

4

COLD CEREAL/CRACKERS
 -OR-
 WARM MUFFIN CHOICE
 STRING CHEESE

CHILLED DICED PEACHES

Thursday

5

COLD CEREAL/CRACKERS
 -OR-
 BACON CHEESE
 BREAKFAST PIZZA

ORANGE AMBROSIA

Friday

6

COLD CEREAL/CRACKERS
 -OR-
 WARM CINNAMON ROLL
 EGG PATTY

MELON CUP

9

COLD CEREAL/CRACKERS
 -OR-
 EGG & CHEESE
 BREAKFAST BURITO

FRUIT CHOICE

10

COLD CEREAL/CRACKERS
 -OR-
 WARM MUFFIN CHOICE
 FRUIT YOGURT CUP

FRESH FRUIT

11

COLD CEREAL/CRACKERS
 -OR-
 PANCAKES/ SYRUP
 SAUSAGE PATTY

BERRY CUP

12

COLD CEREAL/CRACKERS
 -OR-
 BLUEBERRY POMEGRANATE
 BREAKFAST BAR
 ENGLISH MUFFIN/JELLY

CHILLED CANNED FRUIT

13

COLD CEREAL/CRACKERS
 -OR-
 WARM BANANA BREAD

FRESH FRUIT

16

COLD CEREAL/CRACKERS
 -OR-
 WARM EGG & CHEESE BAGEL

FRUIT CHOICE

17

COLD CEREAL/CRACKERS
 -OR-
 SAUSAGE & PANCAKE
 BREAKFAST STICK / SYRUP

FRESH FRUIT

18

COLD CEREAL/CRACKERS
 -OR-
 PETITE CINNAMON ROLL
 EGG PATTY

CHILLED CANNED FRUIT

19

COLD CEREAL/CRACKERS
 -OR-
 BACON CHEESE
 BREAKFAST PIZZA

FRUIT CUP

20

COLD CEREAL/CRACKERS
 -OR-
 PANCAKES/ SYRUP
 EGG PATTY

CINNAMON APPLE SLICES

23

COLD CEREAL/CRACKERS
 -OR-
 MUFFIN CHOICE
 STRING CHEESE

FRUIT CHOICE

24

COLD CEREAL/CRACKERS
 -OR-
 EGG & CHEESE OMELET
 TOAST

FRESH FRUIT

25

COLD CEREAL/CRACKERS
 -OR-
 WG CINNAMON DONUTS
 YOGURT CUP

STRAWBERRY APPLESAUCE

26

COLD CEREAL/CRACKERS
 -OR-
 BLUEBERRY POMGRANATE
 BREAKFAST BAR
 ENGLISH MUFFIN/JELLY

CHILLED CANNED FRUIT

27

COLD CEREAL/CRACKERS
 -OR-
 WARM PUMPKIN BREAD

FRESH FRUIT

30

COLD CEREAL/CRACKERS
 -OR-
 FRUIT & YOGURT PARFAIT
 TOAST

APPLE
 (WITH CEREAL CHOICE)

Did You Know?

September was the seventh month of the original Roman calendar. This is where it got its name which means seventh. Later, when January and February were added to the calendar it became the ninth month.

CAMERON SCHOOL DISTRICT SCHOOL LUNCH MENU SEPTEMBER 2019

<p>OFFER VS SERVE MEAL PATTERN Students are offered 5 Food Components</p> <p><u>Meat/Meat alternate</u> <u>Grain</u> -All grains are whole grain rich <u>Fruit</u>-Fresh, frozen,canned in juice or light syrup <u>only</u> <u>Vegetable</u>- Fresh, frozen, canned</p> <p>Under USDA guidelines <u>students</u> are asked to take a ½ cup Fruit ,Vegetable or combination <u>daily</u> on their lunch tray</p> <p><u>Milk</u>-At least 2 choices offered daily consisting of: Low-fat or fat free white or fat free flavored 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 \$2.55 MIDDLE 5-8th \$2.85 HIGH SCHOOL 9-12th \$2.95 REDUCED- KG-12th \$.40</p> <p>PAY SCALE APRIL-19 ELE/20 MS/H- DAYS</p> <p>DAYS-20 Elem- 4K-4th \$51.00 DAYS-20 MS- 5-8th \$57.00 DAYS-20 HS- 9-12th \$59.00</p> <p>REDUCED= 4K-12= \$8.00 ADD'L ENTRÉE-\$1.75 ADULTS/GUESTS-\$3.90 GUEST CHILD UNDER 5-\$2.95</p>	<p><u>PARENTS</u> ARE ENCOURAGED TO EAT LUNCH WITH THEIR CHILD -IF YOU PLAN ON HAVING LUNCH PLEASE CALL THE SCHOOL OFFICE BY 8:15 A.M. THE DAY YOU PLAN TO EAT. -PLEASE MAKE PAYMENT IN THE SCHOOL OFFICE PRIOR TO ENTERING THE CAFETERIA.</p> <p style="text-align: center;">****PLEASE NOTE****</p> <p>You are <u>not</u> able to use your child's account to purchase a meal.</p> <p style="text-align: center;">"THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER."</p>	<p>Menu subject to change due to availability of product & School cancellations!!!</p> <p style="text-align: center;">View the menu @ www.cameron.k12.wi.us PLEASE MAKE SURE YOUR CHILDS (RENS) LUNCH ACCT. HAS A POSITIVE BALANCE AT ALL TIMES</p> <p style="text-align: center; background-color: #FFD700;">WELCOM BACK STUDENTS AND STAFF!!!</p> <p style="text-align: center; background-color: #FFD700;">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>2</p> <p>LABOR DAY – NO SCHOOL</p>	<p>3 WG CHICKEN NUGGETS/DIP</p> <p>Rice a Roni/Bread stick Steamed sliced carrots Fresh fruit</p> <p>Alt- Chicken Caesar Wrap</p>	<p>4 HOT HAM & CHEESE</p> <p>Fresh hamburger bun Baked potato wedges Chilled pineapple tidbits</p> <p>Alt- Chicken Cheese Garden Salad</p>	<p>5 ITALIAN MEATBALLS/RED SAUCE</p> <p>WG Pasta Green beans/Garlic toast round Fresh fruit</p> <p>Alt- Ham & Cheese Sub-Sandwich</p>	<p>6 MINI CORN DOGS</p> <p>Baked beans Dinner roll (HS) Strawberry applesauce</p> <p>Alt- Taco Salad</p>
<p>9 WG MOZZARELLA DIPPERS</p> <p>WG breadstick Garden salad fixings Orange Ambrosia</p> <p>Alt- Chicken Caesar Wrap</p>	<p>10 15 BBQ PORK</p> <p>WG coney bun Baked beans Fresh fruit</p> <p>Alt- Chef Salad</p>	<p>11 HAMBURGER / WG BUN</p> <p>Cheese/fixings Potato wedges Chilled diced Pears</p> <p>Alt- Chicken Cheese Garden Salad</p>	<p>12 CHIX ALFREDO/WG PENNE PASTA</p> <p>WG dinner roll Steamed corn Strawberry cup</p> <p>Alt- Ham & Cheese Sub Sandwich</p>	<p>13 WG PEPPERONI OR CHEESE FLATBREAD PIZZA</p> <p>Steamed Broccoli Garlic Toast Round Fresh fruit</p> <p>Alt- Taco Salad</p>
<p>16 BRATWURST/BUN</p> <p>Creamy coleslaw Cooked green beans Frozen juice slushy</p> <p>Alt- Chicken Caesar Wrap</p>	<p>17 9 TACO/WG FLOUR TORTILLA</p> <p>WK Corn/Refried beans WG Garlic toast round Pineapple tidbits</p> <p>Alt- Chicken Cheese Garden Salad</p>	<p>18 DELI TURKEY & CHEESE STACKER</p> <p>Chips Steamed carrots Berry cup/Graham crackers(HS)</p> <p>Alt- Chef Salad</p>	<p>19 WG FRENCH TOAST / SYRUP</p> <p>Sausage Patty Baked beans Warm cinnamon apple slices</p> <p>Alt- Turkey & Cheese Sub-Sandwich</p>	<p>20 PIZZA CALZONE</p> <p>Garden salad fixings WG breadstick Fruit cup</p> <p>Alt- Taco Salad</p>
<p>23 BREADED CHIX PATTY</p> <p>Fresh hamburger bun Baked beans Fresh fruit</p> <p>Alt- Chef Salad</p>	<p>24 NACHOS</p> <p>Corn tortilla chips/fixings Mexicali corn Orange Ambrosia</p> <p>Alt- Chicken Caesar Wrap</p>	<p>25 TOASTED CHEESE SANDWICH</p> <p>Yogurt cup Tomato soup/crackers Fresh fruit</p> <p>Alt- Chicken Cheese Garden Salad</p>	<p>26 ROAST PORK</p> <p>Whipped potatoes/ gravy WG dinner roll Cranberry/ Cinnamon Apple slices</p> <p>Alt- Ham & Cheese Sub-Sandwich</p>	<p>27 WG PEPPERONI OR CHEESE FLATBREAD PIZZA</p> <p>Mixed veggies Garlic Toast Round Fresh fruit</p> <p>Alt- Taco Salad</p>
<p>30 WG CHICKEN NUGGETS/DIP</p> <p>Rice a roni / Breadstick Steamed green beans Fresh fruit</p> <p>Alt- Chef Salad</p>				

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