

# LUNCH MENU CAM COMMUNITY SCHOOLS SEPTEMBER, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">29</p> Chicken Patty on Bun w/ Lettuce and Tomato Broccoli Tator Tots Applesauce	<p style="text-align: right;">30</p> Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Mandarin Oranges <b>HS:</b> Bread & Butter Sandwich	<p style="text-align: right;">31</p> Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Peas Watermelon  <b>2 HR Early Out</b>	<p style="text-align: right;">1</p> Pork Chop Mashed Potato w/gravy Green Beans Strawberries Bread & Butter	<p style="text-align: right;">2</p> Sub on Bun w/ Lettuce & Tomato Romaine w/Low Cal Ranch Bananas Chips
<p style="text-align: right;">5</p> NO SCHOOL  Labor Day	<p style="text-align: right;">6</p> BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Apricots	<p style="text-align: right;">7</p> Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Red & Green Pepper Strips Sidekick Breadsticks	<p style="text-align: right;">8</p> Corn Dog Tri Tator Baked Beans Sliced Appels	<p style="text-align: right;">9</p> Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Grapes <b>HS:</b> B&B Sandwich
<p style="text-align: right;">12</p> Crispito Lettuce, Tomato & Salsa Baby Carrots w/Low Cal Ranch Refried Beans Melon Mix Up	<p style="text-align: right;">13</p> Sloppy Joe on Bun Potato Puffs Celery w/peanut butter Pears	<p style="text-align: right;">14</p> Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail Hot Roll  <b>2 HR Early Out</b>	<p style="text-align: right;">15</p> Turkey Club on Bun W/Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Orange Wedges Sun Chips	<p style="text-align: right;">16</p> Baked Potato Bar/Wedge Bar w/ Chicken or Ham Hot Cheese or Shredded Steamed Broccoli Tropical Fruit Butter/PB Sandwich
<p style="text-align: right;">19</p> <b>Homecoming Week</b> Champion Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Pineapple	<p style="text-align: right;">20</p> First Down Fajita Red & Green Pepper Strips Referee Refried Beans Mandarin Oranges Spanish Brown Rice	<p style="text-align: right;">21</p> Pig Skin's Baked Beans Pig Tails Strawberries Doritos	<p style="text-align: right;">22</p> Victory Pork Chops Potatoes & Gravy Carrot Coins Cougar Blue Applesauce Roll	<p style="text-align: right;">23</p> Pep Rally Pizza Corn Romaine Lettuce w/ Low Cal Dressing Peaches  <b>Rizzo Surprise</b>
<p style="text-align: right;">26</p> Cheeseburger on Bun W /Lettuce and Tomato Waffle FF's Baby Carrots W/Low Cal Ranch Apricots	<p style="text-align: right;">27</p> Walking Taco Lettuce & Tomato Cheese & Salsa Celery w/ Low Cal Ranch Fruity Apple Salad Peanut Butter Sandwich	<p style="text-align: right;">28</p> Chicken Alfredo Mixed Salad w/Low Cal Dressing Broccoli Grapes Bread Stick	<p style="text-align: right;">29</p> Burrito Lettuce, Tomato & Salsa Refried Beans Baby Carrots w/Low Cal Dip Pears <b>HS:</b> Bread & Butter Sandwich	<p style="text-align: right;">30</p> Chicken Nuggets Tator Tots Cucumber W/Low Cal Ranch Banana <b>HS:</b> PB/BB Sandwich

Menus are subject to change without notice.

USDA is an EOE opportunity distributor.

**Family Lunch Account Policy:** Notifications will be given to students and/or emailed to parents each Monday for accounts that have a negative balance. Parents may also check lunch account balances through the JMC online parent access program linked to the school website (camcougars.org), and we encourage you to do so. When accounts reach a negative \$25.00 balance students will not be allowed to have seconds at breakfast or lunch unless they have the money in hand or until the account has a positive balance. Parents may also be notified as needed during the week if accounts become negative.