



LUNCH MENU CAM COMMUNITY SCHOOLS AUGUST, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
ALL MEALS SERVED WITH LOW FAT OR FAT FREE MILK	Whole Wheat Breads Whole Grain Pastas			
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
NO School	Chicken Strips Crinkle FF Pasta Salad Tropical Fruit 1 HR Early Out	Hot Dog on Bun Smiley Fries Carrots w/Low Cal Ranch Baked Beans Orange Wedges 1 HR Early Out	Spaghetti w/Meat Sauce Mixed Greens Salad w/Dressing Cucumber Slices Pineapple Garlic Bread	Pizza Corn Romaine Lettuce w/Low Cal Dressing Peaches
29	30	31	1	2
Chicken Patty on Bun w/ Lettuce and Tomato Broccoli Tator Tots Applesauce	Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Mandarin Oranges HS: Bread & Butter Sandwich	Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Peas Watermelon	Pork Chop Mashed Potato w/gravy Green Beans Strawberries Bread & Butter	Sub on Bun w/ Lettuce & Tomato Romaine w/Low Cal Ranch Bananas Chips

Menus 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.