



LUNCH MENU

CAM COMMUNITY SCHOOLS

MARCH, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Apricot	28 Chicken Fajita Red & Green Pepper Strips Referee Refried Beans Sidekick Spanish Brown Rice	1 Turkey Club Sandwich Lettuce & Tomato Pasta Salad Grapes Chips	2 Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing AS Breadstick	3 HS & N Elementary Scalloped Potatoes Corn Orange Wedges Bread/Butter South/MS Grilled Cheese Carrots Chips Apples
6 Chicken Strips Crinkle FF Baked Beans Pineapple PB or B&B Sandwich	7 Sub on Bun w/ lettuce & Tomato Fresh Broccoli & Cauliflower w/ Low Cal Ranch Fruit Cocktail Chips	8 Hot Dog on Bun Smiley Fries Carrots w/Low Cal Ranch Mandarin Oranges	9 Spaghetti w/Meat Sauce Mixed Greens Salad w/Dressing Cucumber Slices Banana Garlic Bread	10 Pizza Corn Romaine Lettuce w/Low Cal Dressing Peaches
13 Chicken Patty on Bun w/ Lettuce and Tomato Cooked Broccoli Tator Tots Apricot	14 Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Sidekick HS: Bread & Butter Sandwich	15 Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Peas Apple Salad	16 Pork Chop Mashed Potato w/Gravy Green Beans Grapes Bread & Butter	17 Little Smokies Mac & Cheese AS Peanut Butter/Butter Sandwich
20 BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Pears	21 Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Red & Green Pepper Strips Fruit Cocktail Breadsticks	22 Chicken & Noodles Mashed Potatoes Peas Peaches Bread & Butter	23 4 Hr Early out 11:30 Conferences 1:00-9:00	24 NO SCHOOL
27 Crispito Lettuce, tomato & salsa Baby Carrots w/Low Cal Ranch Spanish Rice Refried Beans. AS Tropical Fruit	28 Sloppy Joe on Bun Twister FF Celery w/low cal Ranch Mandarin Oranges	29 Salisbury Steak Mashed Potatoes Green Beans Watermelon Hot	30 Corn Dog Tri Tator Baked Beans Orange Wedges	31 Beef Nachos w/ Meat or Without Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Pineapple HS: B&B Sandwich

Menus are subject to change without notice.

Please check your lunch balances.

This Institution is an equal opportunity provider.

Family Lunch Account Policy: Notifications will be given to students and/or emailed to parents each Monday and Thursday 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 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.