



# LUNCH MENU

# CAM COMMUNITY SCHOOLS

# JANUARY, 2023



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>NO SCHOOL</b> 2</p>	<p>3 Crispito Baby Carrots w/Low Cal Ranch Refried Beans Pears <b>HS:</b> Spanish Brown Rice</p>	<p>4 Salisbury Steak Mashed Potatoes &amp; Gravy Green Beans Tropical/Mixed Fruit Hot Roll</p>	<p>5 Chicken Nuggets Spiral Fries Celery W/Low Cal Ranch Peaches <b>HS:</b> Peanut Butter Sandwich</p>	<p>6 Baked Potato or Wedge Bar w/ Chicken, Ham or Taco Meat Hot Cheese Shredded Steamed Broccoli Orange Wedges Roll</p>
<p>9 Cheeseburger on Bun W /Lettuce and Tomato Tator Tots Baby Carrots W/Low Cal Ranch Pineapple</p>	<p>10 Walking Taco Lettuce &amp; Tomato Cheese &amp; Salsa Baby Carrots w/ Low Cal Ranch Applesauce <b>HS:</b> Peanut Butter Sandwich</p>	<p>11 Chicken Alfredo Mixed Salad w/Low Cal Dressing Mandarin Oranges Bread Stick</p>	<p>12 Beef Nachos w/ Corn Tortilla Chips &amp; Salsa Refried Beans Cucumber w/Low Cal Dip Strawberries <b>HS:</b> Bread &amp; Butter Sandwich</p>	<p>13 Scalloped Potato &amp; Ham Corn Bananas Bread &amp; Butter</p>
<p>16 <b>NO SCHOOL</b> <b>Teacher Inservice</b></p>	<p>17 Chili w/Beans Cauliflower/Celery w/Low Cal Ranch Apricot Cheese Sandwich Saltine Crackers</p>	<p>18 Weiner Roll Up Smiley Fries Carrots/Celery w/Low Cal Ranch Baked Beans Sidekick</p>	<p>19 Spaghetti w/Meat Sauce Mixed Greens Salad w/ Dressing Cucumber Slices and Carrots Grapes Garlic Bread</p>	<p>20 Chicken Strips Curly Q'S Pasta Salad Apple Salad PB or B&amp;B Sandwich</p>
<p>23 Chicken Patty on Bun w/ Lettuce and Tomato Potato Wedges Pears</p>	<p>24 Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Fruit Cocktail <b>HS:</b> Bread &amp; Butter Sandwich</p>	<p>25 Creamed Chicken Over Toast or Biscuit Carrot Coins Peas Orange Wedges</p>	<p>26 Pork Chop w/Gravy Potatoes Green Beans Pineapple Bread &amp; Butter</p>	<p>27 Pizza Corn Romaine Lettuce w/Low Cal Dressing Peaches</p>
<p>30 BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Tri Tator Rosy Applesauce Chips</p>	<p>31 Rotini w/Meat Sauce Romaine Lettuce w/Low Cal Dressing Cucumber Slices/Pepper Strips Strawberries Garlic Bread</p>	<p>1 Chicken &amp; Noodle Soup Celery Apricot Cheese Sandwich Crackers</p>	<p>2 Corn Dog FF Baked Beans Bananas</p>	<p>3 Beef Nachos w/ Tortilla Chips &amp; Salsa Refried Beans Baby Carrots w/Low Cal Ranch Sidekick <b>HS:</b> B&amp;B Sandwich</p>

**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 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.