



## BREAKFAST MENU CAM COMMUNITY SCHOOLS NOVEMBER, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit	31 French Toast Sticks Or Cereal Assorted Juice and Fruit	1 Donut Holes Or Cereal Assorted Juice and Fruit	2 Pancakes & Sausage Links Or Cereal Assorted Juice and Fruit	3 English Muffin Or Cereal Assorted Juice and Fruit
6 Sunrise Sandwich Or Cereal Assorted Juice and Fruit	7 Sausage on a Stick Or Cereal Assorted Juice and Fruit	8 Long John Or Cereal Assorted Juice and Fruit	9 Scrambled Eggs & Toast Or Cereal Assorted Juice and Fruit	10 Cinnamon Roll Or Cereal Assorted Juice and Fruit
13 Breakfast Bar & Toast Or Cereal Assorted Juice and Fruit	14 Breakfast Burrito & Salsa Or Cereal Assorted Juice and Fruit	15 Oatmeal & Toast Or Cereal Assorted Juice and Fruit	16 Variety Breakfast Or Cereal Assorted Juice and Fruit	17 Bagel Bites Or Cereal Assorted Juice and Fruit
20 Breakfast Pizza Or Cereal Assorted Juice and Fruit	21 Powder /Choc Doughnut Or Cereal Assorted Juice and Fruit	22 <b>NO SCHOOL</b>	23 <b>Thanksgiving</b>  <b>NO SCHOOL</b>	24 <b>NO SCHOOL</b>
27 Blueberry/Chocolate/Banana Muffins Or Cereal Assorted Juice and Fruit	28 Biscuit & Gravy Or Cereal Assorted Juice and Fruit	29 Uncrustable Or Cereal Assorted Juice and Fruit	30 Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit	Dec 1 French Toast Sticks Or Cereal Assorted Juice and Fruit

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](http://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.