



BREAKFAST MENU

CAM COMMUNITY SCHOOLS

OCTOBER, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">3</p> <p>French Toast Sticks Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">4</p> <p>Donut Holes Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">5</p> <p>Sunrise Sandwich Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">6</p> <p>Long John Or Cereal Assorted Juice and Fruit</p>
<p style="text-align: right;">9</p> <p>Scrambled Eggs & Toast Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">10</p> <p>Sausage on a Stick/Bites Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">11</p> <p>Cinnamon Roll Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">12</p> <p>Mini Pancakes & Sausage Links Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">13</p> <p>English Muffin Or Cereal Assorted Juice and Fruit</p>
<p style="text-align: right;">16</p> <p>Breakfast Bar & Toast Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">17</p> <p>Breakfast Burrito & Salsa Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">18</p> <p>Pop Tart Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">19</p> <p>Oatmeal Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">20</p> <p>Bagel Bites Or Cereal Assorted Juice and Fruit</p>
<p style="text-align: right;">23</p> <p>Powder /Choc Doughnut Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">24</p> <p>Breakfast Pizza Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">25</p> <p>Blueberry/Chocolate/Banana Muffins Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">26</p> <p>Biscuit & Gravy Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">27</p> <p>Uncrustable Or Cereal Assorted Juice and Fruit</p>
<p style="text-align: right;">30</p> <p>Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">31</p> <p>French Toast Sticks Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">November 1</p> <p>Donut Holes Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">2</p> <p>Pancakes & Sausage Links Or Cereal Assorted Juice and Fruit</p>	<p style="text-align: right;">3</p> <p>English Muffin Or Cereal Assorted Juice and Fruit</p>

Menus are subject to change without notice.

ALL MEALS SERVED WITH LOW FAT OR FAT FREE MILK

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 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.