



LUNCH MENU CAM COMMUNITY SCHOOLS NOVEMBER, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Cheeseburger on a Bun Romaine Lettuce w/Low Calorie Dressing-Tomato Crinkle FF Baby Carrots Pineapple	1 Walking Taco Lettuce & Tomato Cheese & Salsa Celery Applesauce Peanut Butter/ Butter Sandwich	2 Chicken Alfredo Romaine Salad w/Low Cal Dressing Steamed Broccoli Mandarin Oranges Bread Stick 2 HR Early Out	3 French Dip Twister FF Baby Carrots w/Low Cal Dressing Strawberries	Chicken Nuggets Tator Tots Cucumber w/ Low Cal Dressing Apricot PB/Butter Sandwich
7 Panini Swt Potato FF Chips Baked Beans Sidekick	8 Burrito Baby Carrots w/Low Cal Ranch Refried Beans Apple Salad Spanish Rice	9 Salisbury Steak Mashed Potatoes & Gravy Green Beans Grapes Hot Roll 2 HR Early Out	10 Chicken Strips Wedges Celery W/Low Cal Ranch Pears HS: Peanut Butter Sandwich	Scalloped Potato & Ham Corn Banana Bread & Butter Sandwich
14 Meatballs Mashed Potatoes Carrots Fruit Cocktail	15 Crispito Celery w/ PButter Spanish Rice Refried Beans Pears HS Butter/PB Sandwich	16 Fajita Red & Green Pepper Strips Refried Beans Orange Wedges Spanish Brown Rice 2 HR Early Out	17 Turkey or Ham Mashed Potato & Gravy Stuffing Gr Bean or Corn Applesauce Roll & Desert	Chicken Bacon Ranch Wr Cauliflower & Broccoli Chips Mandarin Oranges
21 Sloppy Joe on Bun Waffle FF Romaine Salad w/Low Cal Dressing Strawberries	22 Corn Dog Baby Carrots Baked Beans Tri Tator Apricot Speech Pie Pick Up	23 NO SCHOOL	24 Thanksgiving NO SCHOOL	NO SCHOOL
28 Popcorn Chicken Curly Q'S Pasta Salad Sidekick PB or B&B Sandwich	29 Chili w/Beans Cauliflower/Celery w/Low Cal Ranch Sliced Apples Cinnamon Roll Saltine Crackers	30 Hot Dog on Bun Smiley Fries Carrots w/Low Cal Ranch Baked Beans Grapes 2 HR Early Out	Dec 1 Garlic Cheese Bread Romaine Salad w/Dressing Cucumber Slices Chips Pears	Turkey Club on Bun Tots Romaine Salad w/Dressing Fruit Cocktail

Menus are subject to change without notice.

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.