



**LUNCH MENU CAM COMMUNITY SCHOOLS OCTOBER, 2023**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Chicken Strips Crinkle FF Pasta Salad Apricot PB or B&amp;B Sandwich</p>	<p>3</p> <p>Pizza Crunchers Smiley Fries Carrots w/Low Cal Ranch Baked Beans Sidekick</p>	<p>4</p> <p>Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Fruit Cocktail Spanish Rice <b>HS:</b> Bread &amp; Butter Sandwich</p>	<p>5</p> <p>Spaghetti w/Meat Sauce Mixed Salad w/Dressing Cucumber Slices Grapes Garlic Bread</p>	<p>6</p> <p>Little Smokies Mac &amp; Cheese Broccoli Melon Mix Up Peanut Butter/Butter Sandwich</p>
<p>9</p> <p>Chicken Patty on Bun w/ Lettuce and Tomato Tator Tots Pears</p>	<p>10</p> <p>Pork Chop Mashed Potatoes w/ Gravy Green Beans Tropical Fruit Bread &amp; Butter</p>	<p>11</p> <p>Hot Dog on Bun Crinkle Cut FF Celery w/Low Cal Ranch Baked Beans Sliced Apples</p>	<p>12</p> <p>Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Peas Watermelon</p>	<p>13</p> <p>Sub on Bun w/ Lettuce &amp; Tomato Fresh Broccoli &amp; Cauliflower w/ Low Cal Ranch Peaches Chips</p>
<p>16</p> <p>BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Orange Wedges</p>	<p>17</p> <p>Elem-Chicken &amp; Noodles MS/HS Beef &amp; Noodles Mashed Potatoes Peas Fruit Cocktail Bread &amp; Butter Pineapple</p>	<p>18</p> <p>Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Red &amp; Green Pepper Strips Strawberries Breadsticks</p>	<p>19</p> <p>Beef Nachos w/ Tortilla Chips &amp; Salsa Refried Beans Baby Carrots w/ low cal dressing Sidekick <b>HS:</b> B&amp;B Sandwich</p>	<p>20</p> <p>Corn Dog Tri Tator Baked Beans Apricots</p>
<p>23</p> <p>Salisbury Steak Mashed Potatoes Green Beans Apples Hot Roll</p>	<p>24</p> <p>Sloppy Joe on Bun Sweet Potato Fries Celery w/low cal Ranch Grapes</p>	<p>25</p> <p>Crispito Lettuce, tomato &amp; salsa Baby Carrots w/Low Cal Ranch Refried Beans Spanish Rice Applesauce</p>	<p>26</p> <p>4 Hr Early Out <b>NO LUNCH</b>  Parent Teacher Conferences</p>	<p>27</p> <p><b>NO SCHOOL</b></p>
<p>30</p> <p>Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Pears</p>	<p>31</p> <p>Chicken Fajita Red &amp; Green Pepper Strips Refried Beans Fruit Cocktail Spanish Brown Rice</p>	<p>Nov 1</p> <p>Turkey Club Wrap Lettuce &amp; Tomatoes Cucumber Slices w/Low Cal Ranch Tropical Fruit Sun Chips</p>	<p>2</p> <p>Potato Wedge Bar Chicken Taco or Ham Hot Cheese or Shredded Steamed Broccoli Orange Wedges Butter / PB Sandwich</p>	<p>3</p> <p>Pizza Dippers Lettuce/Tomato Spiral FF Peaches</p>

