



LUNCH MENU CAM COMMUNITY SCHOOLS OCTOBER, 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 26 Cheeseburger on a Bun Romaine Lettuce w/Low Calorie Dressing-Tomato Waffle FF Baby Carrots Apricots	27 Walking Taco Lettuce & Tomato Cheese & Salsa Celery Apple Salad Peanut Butter Sandwich	28 Chicken Alfredo Romaine Salad w/Low Cal Dressing Broccoli Grapes Bread Stick 2 HR Early Out	29 Burrito Lettuce, Tomato and Salsa Refried Beans Baby Carrots w/Low Cal Dressing Pears HS: Bread & Butter Sandwich	30 Chicken Nuggets Tator Tots Cucumber w/ Low Cal Dressing Banana PB/Butter Sandwich
3 Chicken Strips Tri Tator Pasta Salad Fruit Cocktail PB or B&B Sandwich	4 Pizza Burger Corn Romaine Lettuce w/Low Cal Dressing Tropical Fruit	5 Hot Dog on Bun Smiley Fries Carrots w/Low Cal Ranch Baked Beans Peaches 2 HR Early Out	6 Fish Sandwich Mac & Cheese Steamed Cauliflower Orange Wedges	7 Chicken Drummies Mashed Potato Green Beans Sidekick Bread & Butter
10 Chicken Patty on Bun w/ Lettuce and Tomato Broccoli Tator Tots Pineapple	11 Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Applesauce HS: Bread & Butter Sandwich	12 Chicken and Noodles Mashed Potato Carrot Coins Peas Mandarin Oranges 2 HR Early Out	13 Spaghetti w/Meat Sauce Mixed Greens Salad w/Dressing Cucumber Slices Banana Garlic Bread	14 Sub on Bun w/ Lettuce & Tomato Fresh Broccoli & Cauliflower w/Low Cal Ranch Strawberries Chips
17 BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Apricot	18 Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Red & Green Pepper Strip Sliced Apples Breadsticks	19 Popcorn Chicken Crinkle FF Corn Grapes Bread & Butter 2 HR Early Out	20 Corn Dog Tator Tot Baked Beans Pears	21 Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Fruit Cocktail HS: B&B Sandwich
24 Roast Beef Mashed Potato/ Gravy Tropical Fruit Corn Roll	25 Sloppy Joe on Bun Waffle FF Celery w/low cal Ranch Peaches	26 Turkey Club Wrap W/Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Orange Wedges Chips 2 HR Early Out	27 4 Hr Early Out NO LUNCH Parent Teacher Conferences	28 NO SCHOOL

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.