



LUNCH MENU

CAM COMMUNITY SCHOOLS

DECEMBER, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	Dec 1
Cheeseburger on Bun W /Lettuce and Tomato Tator Tots Baby Carrots W/Low Cal Ranch Tropical Fruit	Walking Taco Lettuce & Tomato Cheese & Salsa Celery w/ Low Cal Ranch Orange Wedges Peanut Butter/Butter Sandwich	Chicken Alfredo Romaine w/Low Cal Dressing Cooked Broccoli Pineapple Bread Stick	Beef Nachos w/ Corn Tortilla Chips & Salsa Refried Beans Baby Carrots w/Low Cal Dip Applesauce Roll	Chicken Nuggets Spiral Fries Broccoli W/Low Cal Ranch Mandarin Oranges HS: PB/BB Sandwich
4	5	6	7	8
Chicken Patty on Bun w/ Lettuce and Tomato Mixed Salad w/Low Cal Dressing Potato Wedges Strawberries	Soft Shell Taco Lettuce and Tomatoes Mixed Salad w/Low Cal Dressing Salsa and Cheese Refried Beans Apricots Bread & Butter Sandwich	Creamed Chicken Over Toast or Biscuit Carrot Coins Peas Sidekick	Pork Chop Mashed Potato w/Gravy Green Beans Apple Slices Roll	Pizza Corn Romaine Lettuce w/Low Cal Dressing Grapes
11	12	13	14	15
BBQ Rib on Bun Tator Tots Baby Carrots w/Low Cal Ranch Pears	Rotini w/Meat Sauce Romaine Lettuce w/Low Cal Dressing Cucumber Slices/Pepper Strips Fruit Cocktail Garlic Bread	Chicken and Noodle Soup Celery w/Pbutter Peaches Cheese Sandwich Crackers	Corn Dog Smiles Baked Beans Orange Wedges	Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/Low Cal Ranch Pineapple HS: B&B Sandwich
18	19	20	21	22
Elementary -Cass County Cattlemen are grilling Hamburgers MS/HS Fajita Red & Green Peppers Refried Beans-Spanish Rice Applesauce Hamburgers will also have a vegetable, fruit and chips	MS/HS -Cass County Cattlemen are grilling Hamburgers Elementary Fajita Red & Green Peppers Refried Beans-Spanish Rice Applesauce Hamburgers will also have a vegetable, fruit and chips	Meatballs Mashed Potatoes Green Beans Mandarin Oranges WG Roll	Turkey & Ham Roll-Ups Diced Tomato and Lettuce Romaine Salad w/ low cal dressing Chips Strawberry Cups	NO SCHOOL WINTER BREAK
25	26	27	28	29
NO SCHOOL Merry Christmas	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK	NO SCHOOL WINTER BREAK See You JAN 4th

Family Lunch Account Policy: Notifications will be emailed to parents every week 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 \$25 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.