



LUNCH MENU CAM COMMUNITY SCHOOLS NOVEMBER, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Pears</p>	<p>31</p> <p>Chicken Fajita Red & Green Pepper Strips Refried Beans Fruit Cocktail Spanish Brown Rice</p>	<p>Nov 1</p> <p>Turkey Club Wrap Lettuce & 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>
<p>6</p> <p>Panini Sun Chips Lettuce & Tomato W/Low Calorie Dressing Pineapple</p>	<p>7</p> <p>Burrito Baby Carrots w/Low Cal Ranch Refried Beans Apple Slices Spanish Brown Rice</p>	<p>8</p> <p>Chicken Sandwich Tri Tater Ceucumbers W/Low Cal Ranch Mandarin Oranges HS: Roll</p>	<p>9</p> <p>Little Smokies Mac & Cheese Cauliflower/Broc Strawberries</p>	<p>10</p> <p>Scalloped Potato & Ham Corn Banana Roll</p>
<p>13</p> <p>Chili w/Beans Celery w/Low Cal Ranch Sidekick Cheese Sandwich Saltine Crackers</p>	<p>14</p> <p>Popcorn Chicken FF's Mixed Salad w/Low Cal Dressing Apricot</p>	<p>15</p> <p>Hot Dog on Bun Smiley Fries Carrots w/Low Cal Ranch Grapes</p>	<p>16</p> <p>Turkey or Ham Mashed Potatoes & Gravy Green Bean Casserole Corn Applesauce Roll. Dessert</p>	<p>17</p> <p>Cheese French Bread Cauliflower/Baby Carrots Baked Beans Pears</p>
<p>20</p> <p>Chicken Strips Curly Q'S Pasta Salad Fruit Cocktail PB or B&B Sandwich</p>	<p>21</p> <p>Mandarin Chicken Cooked Broccoli White Rice Peaches</p>	<p>22</p> <p>NO SCHOOL</p>	<p>23</p> <p>Thanksgiving NO SCHOOL</p>	<p>24</p> <p>NO SCHOOL</p>
<p>27</p> <p>Cheeseburger on Bun W /Lettuce and Tomato Tator Tots Baby Carrots W/Low Cal Ranch Tropical Fruit</p>	<p>28</p> <p>Walking Taco Lettuce & Tomato Cheese & Salsa Celery w/ Low Cal Ranch Orange Wedges Peanut Butter/Butter Sandwich</p>	<p>29</p> <p>Chicken Alfredo Mixed Salad w/Low Cal Dressing Cooked Broccoli Pineapple Bread Stick</p>	<p>30</p> <p>Beef Nachos w/ Corn Tortilla Chips & Salsa Refried Beans Baby Carrots w/Low Cal Dip Applesauce HS: Bread & Butter Sandwich</p>	<p>Dec 1</p> <p>Chicken Nuggets Spiral Fries Cucumber W/Low Cal Ranch Mandarin Oranges HS: PB/BB Sandwich</p>

Menus are subject to change without notice.

Dried fruits are available as a 2nd fruit if needed daily.