

# LUNCH MENU CAM COMMUNITY SCHOOLS SEPTEMBER, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 28 Chicken Patty on Bun w/ Lettuce and Tomato Broccoli Tator Tots Applesauce	29 Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Mandarin Oranges <b>HS:</b> Bread & Butter Sandwich	30 Chicken Strips Crinkle FF Pasta Salad Watermelon  2 HR Early Out	31 Pork Chop Mashed Potato w/gravy Green Beans Strawberries Bread & Butter	September 1 Sub on Bun w/ Lettuce & Tomato Romaine w/Low Cal Ranch Bananas Chips
4 <b>NO SCHOOL</b>  <b>Labor Day</b>	5 BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Apricots	6 Rotini w/Meat Sauce Romaine w/Low Cal Dressing Red & Green Pepper Strips Sidekick Breadsticks 2 HR Early Out	7 Corn Dog Tri Tator Baked Beans Sliced Appels	8 Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Grapes <b>HS:</b> B&B Sandwich
11 Crispito Lettuce Tomato & Salsa Baby Carrots w/Low Cal Ranch Refried Beans Melon Mix Up	12 Sloppy Joe on Bun Potato Puffs Celery w/peanut butter Pears	13 Salisbury Steak Mashed Potatoes Green Beans Fruit Cocktail Hot Roll  2 HR Early Out	14 Turkey Club on Bun W/Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Orange Wedges Sun Chips	15 HS- Baked Potato Bar Elem-Wedge Bar w/ Chicken, Ham ot Taco Meat Hot Cheese or Shredded Steamed Broccoli Tropical Fruit Butter/PB Sandwich
18 Cheeseburger on Bun W /Lettuce and Tomato Waffle FF's Baby Carrots W/Low Cal Ranch Aprico	19 Walking Taco Lettuce & Tomato Cheese & Salsa Celery w/ Low Cal Ranch Fruity Apple Salad Peanut Butter Sandwich	20 Chicken Alfredo Mixed Salad w/Low Cal Dressing Broccoli Grapes Bread Stick 2 HR Early Out	21 Burrito Lettuce, Tomato & Salsa Refried Beans Baby Carrots w/Low Cal Dip Pears <b>HS:</b> Bread & Butter Sandwich	22 Chicken Nuggets Tator Tots Cucumber W/Low Cal Ranch Banana <b>HS:</b> PB/BB Sandwich
25 <b>Homecoming Week</b> Pep Rally Pizza Corn Romaine Lettuce w/ Low Cal Dressing Peaches	26 First Down Fajita Red & Green Pepper Strips Referee Refried Beans Mandarin Oranges Spanish Brown Rice	27 Pig Skin's Baked Beans Pig Tails Strawberries Doritos  2 HR Early Out	28 Victory Pork Chops Potatoes & Gravy Carrot Coins Cougar Blue Applesauce Roll	29 Champion Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Pineapple <b>Cougar Surprise</b>

Menus are subject to change without notice.

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 \$25.00 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.