



LUNCH MENU CAM COMMUNITY SCHOOLS FEBRUARY, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Tri Tator Rosy Applesauce Chips</p>	<p>31</p> <p>Rotini w/Meat Sauce Romaine Lettuce w/Low Cal Dressing Cucumber Slices/Pepper Strips Strawberries Garlic Bread</p>	<p>1</p> <p>Chicken & Noodle Soup Celery Apricot Cheese Sandwich Crackers</p>	<p>2</p> <p>Corn Dog FF Baked Beans Bananas</p>	<p>3</p> <p>Mandarin Orange Chicken Cooked Broccoli Rice Apples B&B Sandwich</p>
<p>6</p> <p>Crispito Lettuce, tomato & salsa Baby Carrots w/Low Cal Ranch Refried Beans Sidekick</p>	<p>7</p> <p>Sloppy Joe on Bun Crinkle FF Celery w/low cal Ranch Mandarin Oranges</p>	<p>8</p> <p>Panini W/Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Pears Sun Chips</p>	<p>9</p> <p>Salisbury Steak Mashed Potatoes Green Beans Grapes Hot Roll</p>	<p>10</p> <p>Baked Potato /Wedge Bar w/ Chicken Ham or Taco Hot Cheese or Shredded Steamed Broccoli Fruit Cocktail PB/Butter Sandwich</p>
<p>13</p> <p>Cheeseburger on Bun W /Lettuce and Tomato Tator Tots Baby Carrots W/Low Cal Ranch Peaches</p>	<p>14</p> <p>Chicken Alfredo Romaine Lettuce W/ Low Cal Dressing Orange Wedges Bread Sticks</p>	<p>15</p> <p>Little Smokies Cheesestick Peas Pineapple Bread & Butter</p>	<p>16</p> <p>Walking Taco Tomato/Lettuce Refried Beans Baby Carrots W/ low cal dressing Rosey Applesauce HS: B&B Sandwich</p>	<p>17</p> <p>Popcorn Chicken Mashed Potato Corn Applesauce Buttermilk Biscuit</p>
<p>20</p> <p>FFA WEEK NO SCHOOL TEACHER PD DAY</p>	<p>21</p> <p>Cowboy Shredded Beef Sandwich Home Grown FF Lays Chips Strawberries</p>	<p>22</p> <p>Lent Starts Cold Water Fish Sandwich/Sticks Lettuce & Tomato Farm Hand Baked Beans Hash Brown Patty Tropical Fruit</p>	<p>23</p> <p>Cowgirl Drummies Mashed Potato & Gravy Iowa Corn Fresh Picked Apples Roll</p>	<p>24</p> <p>Mac & Cheese Pig Tail FF Romaine Salad Baby Carrots Bananas</p>
<p>27</p> <p>Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Apricot</p>	<p>28</p> <p>First Down Fajita Red & Green Pepper Strips Referee Refried Beans Sidekick Spanish Brown Rice</p>	<p>1</p> <p>Turkey Club Sandwich Lettuce & Tomato Pasta Salad Grapes Chips</p>	<p>2</p> <p>Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Peaches Breadstick</p>	<p>3</p> <p>Scalloped Potato or Scalloped Potato & Ham Corn Orange Wedges Bread & Butter</p>

Menus are subject to change without notice.

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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.