



BREAKFAST MENU CAM COMMUNITY SCHOOLS SEPTEMBER, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Biscuit and Gravy Or Cereal Assorted Juice and Fruit	1 Un crustable Or Cereal Assorted Juice and Fruit	2 Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit	3 French Toast Sticks Or Cereal Assorted Juice and Fruit	4 Cin Toast Crunch or Coco Puffs Soft Bar Or Cereal Assorted Juice and Fruit
7 NO SCHOOL Labor Day	8 Sunrise Sandwich Or Cereal Assorted Juice and Fruit	9 Long John Or Cereal Assorted Juice and Fruit	10 Scrambled Eggs & Toast Or Cereal Assorted Juice and Fruit	11 Sausage On A Stick Or Cereal Assorted Juice and Fruit
14 Cinnamon Roll Or Cereal Assorted Juice and Fruit	15 Pancakes or Mini Pancakes & Sausage Links Or Cereal Assorted Juice and Fruit	16 English Muffin Or Cereal Assorted Juice and Fruit	17 Breakfast Bar & Toast Or Cereal Assorted Juice and Fruit	18 Breakfast Burrito & Salsa Or Cereal Assorted Juice and Fruit
21 Pop Tarts Or Cereal Assorted Juice and Fruit	22 Bagel Bites Or Cereal Assorted Juice and Fruit	23 Cereal & Toast Assorted Juice and Fruit	24 Breakfast Pizza Or Cereal Assorted Juice and Fruit	25 Breakfast Bites Or Cereal Assorted Juice and Fruit
28 Blueberry or Chocolate Muffin Or Cereal Assorted Juice and Fruit	29 French Toast Sticks Or Cereal Assorted Juice and Fruit	30 Powder/ Choc Donuts Or Cereal Assorted Juice and Fruit	October 1 Sunrise Sandwich Or Cereal Assorted Juice and Fruit	2 Long John Or Cereal Assorted Juice and Fruit

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**Whole Wheat
Whole Grain**

LUNCH MENU CAM COMMUNITY SCHOOLS SEPTEMBER, 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31</p> <p>Chicken Patty on Bun w/ Lettuce and Tomato Broccoli Tator Tots Mandarin Oranges</p>	<p>1</p> <p>Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Strawberries HS: Bread & Butter Sandwich</p>	<p>2</p> <p>Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Peas Apricots</p>	<p>3</p> <p>Pork Chop Mashed Potato w/Gravy Green Beans Sliced Apples Bread & Butter</p>	<p>4</p> <p>Sub on Bun w/ Lettuce & Tomato Fresh Broccoli & Cauliflower w/Low Cal Ranch Grapes Chips</p>
<p>7</p> <p>NO SCHOOL Labor Day</p>	<p>8</p> <p>BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Melon Mix Up</p>	<p>9</p> <p>Corn Dog Spiral FF Baked Beans Pears</p>	<p>10</p> <p>Chicken & Noodles Mashed Potatoes Peas Fruit Cocktail Bread & Butter</p>	<p>11</p> <p>Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Watermelon HS: B&B Sandwich</p>
<p>14</p> <p>Crispito Lettuce, tomato & salsa Baby Carrots w/Low Cal Ranch Refried Beans Tropical Fruit No Bake Cookie</p>	<p>15</p> <p>Sloppy Joe on Bun Potato Puffs Celery w/peanut butter Peaches</p>	<p>16</p> <p>Salisbury Steak Mashed Potatoes Green Beans Orange Wedges Hot Roll</p>	<p>17</p> <p>Turkey Club on Bun W/Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Pineapple Sun Chips</p>	<p>18</p> <p>Baked Potato Bar w/ Chicken or Ham Hot Cheese or Shredded Steamed Broccoli AS PB Sandwich</p>
<p>21</p> <p>Cheeseburger on Bun W/Lettuce and Tomato Tator Tots Baby Carrots W/Low Cal Ranch Mandarin Oranges</p>	<p>22</p> <p>Walking Taco Lettuce & Tomato Cheese & Salsa Celery w/ Low Cal Ranch Pears Peanut Butter Sandwich</p>	<p>23</p> <p>Chicken Alfredo Mixed Salad w/Low Cal Dressing Broccoli Fruit Cocktail Bread Stick</p>	<p>24</p> <p>Beef Nachos w/ Corn Tortilla Chips & Salsa Refried Beans Baby Carrots w/Low Cal Dip Sidekick HS: Bread & Butter Sandwich</p>	<p>25</p> <p>Chicken Nuggets/Strips Potato Wedges Cucumber W/Low Cal Ranch Banana HS: PB/BB Sandwich</p>
<p>28</p> <p>Homecoming Week Champion Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Strawberries</p>	<p>29</p> <p>First Down Fajita Red & Green Pepper Strips Referee Refried Beans Apricots Spanish Rice</p>	<p>30</p> <p>Pig Skin's Baked Beans Pig Tails Apple Wedges Doritos</p>	<p>1</p> <p>Victory Pork Chops Potatoes & Gravy Carrot Coins Cougar Blue Applesauce Roll</p>	<p>2</p> <p>Pep Rally Pizza Corn Romaine Lettuce w/ Low Cal Dressing Peaches Rizzo Surprise</p>

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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.