

# CAMERON SCHOOL DISTRICT- AUGUST 2018 SUMMER SCHOOL BREAKFAST & LUNCH MENU / SEPTEMBER 2018 LUNCH MENU


**OFFER VS SERVE MEAL PATTERN**  
 Students are offered 5 Food Components  
**Meat/Meat alternate**  
**Grain** -All grains are whole grain rich  
**Fruit**-Fresh, frozen, canned in juice or light syrup only  
**Vegetable**- Fresh, frozen, canned  
 Under USDA guidelines students are asked to take a ½ cup  
 Fruit ,Vegetable or combination daily on their lunch tray  
**Milk**-At least 2 choices offered daily consisting of:  
 Low-fat or fat free white or fat free flavored  
**STUDENTS** must select 3 full Food components  
 offered to receive the hot lunch rate otherwise ala carte  
 prices will be applied

**LUNCH PRICES ARE:**  
 ELEMENTARY KG-4<sup>th</sup> \$2.50  
 MIDDLE 5-8<sup>th</sup> \$2.80  
 HIGH SCHOOL 9-12<sup>th</sup> \$2.90  
 REDUCED- KG-12<sup>th</sup> \$ .40  
**PAY SCALE - SEPTEMBER-19 DAYS**  
 DAYS- 19 Elem- 4K-4<sup>th</sup> \$47.50  
 DAYS-19 MS- 5-8<sup>th</sup> \$53.20  
 DAYS-19 HS- 9-12<sup>th</sup> \$55.10  
 REDUCED= ALL- \$7.60  
 ADD'L ENTRÉE-\$1.75  
 ADULTS/GUESTS-\$3.75  
 GUEST CHILD UNDER 5-\$2.90

**PARENTS** ARE ENCOURAGED TO  
 EAT LUNCH WITH THEIR CHILD  
 -IF YOU PLAN ON HAVING LUNCH PLEASE  
 CALL THE SCHOOL OFFICE BY 8:15 A.M. THE  
 DAY YOU PLAN TO EAT.  
 -PLEASE MAKE PAYMENT IN THE SCHOOL  
 OFFICE PRIOR TO ENTERING THE  
 CAFETERIA.  
**\*\*\*\*PLEASE NOTE\*\*\*\***  
**You are not able to use your child's  
 account to purchase a meal.**

**Menu subject to change due to  
 availability of product!!!**  
 View the menu @  
[www.cameron.k12.wi.us](http://www.cameron.k12.wi.us)  
**PLEASE MAKE SURE YOUR  
 CHILDS (RENS) LUNCH ACCT.  
 HAS A POSITIVE BALANCE  
 AT ALL TIMES**  
 "THIS INSTITUTION IS AN EQUAL  
 OPPURTUNITY PROVIDER."  
 Welcome to the 2018-19 school year  
 We wish all students a very successful year!!

-ALL MEALS ARE SERVED WITH **ASSORTED FRESH VEGETABLES** -AND CHOICE OF 1%, SKIM, OR CHOCOLATE SKIM MILK- **\*\*HS OFFERED 2 FRUIT CHOICES DAILY\*\***-

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SUMMER SCHOOL-</b> AUGUST 29-31                      ALL KIDS 18 AND UNDER EAT FOR <b>FREE</b>                      UNDER THE SUMMER FEEDING PROGRAM</p> 	<p><b>SUMMER                      BREAKFAST MENU</b></p> <p><b>SUMMER                      LUNCH MENU</b></p>	<p><u>AUG 29</u> ASSORTED BREAKFAST BARS                      GIANT GOLDFISH CRACKER                      CHILLED DICED PEACHES                      JUICE                      MILK</p> <p><u>AUG 29</u> CALIFORNIA BURGER                      FRESH WG BUN                      POTATO SMILES                      FRESH FRUIT</p>	<p><u>30</u> APPLE GRANOLA SQUARE                      ANIMAL CRACKERS                      CHILLED DICED PEARS                      JUICE                      MILK</p> <p><u>30</u> CHICKEN FAJITA                      GARDEN FIXINGS/SALSA                      COOKED CARROTS                      CHILLED DICED PEARS</p>	<p><u>31</u> PANCAKES/SYRUP                      SAUSAGE                      CHILLED APPLESAUCE                      JUICE                      MILK</p> <p><u>31</u> MACARONI w/ CHEESE                      GARLIC BREAD                      SWEET BABY PEAS                      FRESH FRUIT</p>
<p>3 LABOR DAY! - <u>NO School!!</u></p> <p><b>REGULAR SCHOOL-</b>SEPTEMBER 4- 28  <b>REGULAR MEAL PRICES</b>  <b>LISTED ABOVE APPLY</b></p>	<p>4 NACHOS/WG CORN TORTILLA CHIPS                      GARDEN FIXINGS/SALSA                      STEAMED CORN                      STRAWBERRY APPLESAUCE</p> <p><b>**-Chicken Caesar Wrap</b></p>	<p>5 CORN DOG                      BAKED BEANS                      CREAMY COLESLAW                      DINNER ROLL(HS)                      FRESH FRUIT</p> <p><b>**-Ham and cheese Sub-sandwich</b></p>	<p>6 CHICKEN ALFREDO                      WG PASTA                      GARLIC BREAD STICK                      COOKED GREEN BEANS                      FRESH FRUIT</p> <p><b>**-Chef Salad</b></p>	<p>7 TOASTED CHEESE SANDWICH                      CHIPS                      FRUIT YOGURT CUP                      CALIFORNIA BLEND VEGGIES                      CHILLED DICED PEACHES</p> <p><b>**-Taco Salad</b></p>
<p>10 WG CHICKEN NUGGETS                      DIPPING SAUCES                      RICE A RONI                      DINNER ROLL                      FRESH FRUIT</p> <p><b>**-Ham and Cheese Sub-sandwich</b></p>	<p>11 TACO/WG FLOUR TORTILLA                      GARDEN FIXINGS/SALSA                      WARM GARLIC TST ROUND                      STEAMED CORN                      ORANGE AMBROSIA</p> <p><b>**-Chicken Caesar Wrap</b></p>	<p>12 BAKED POTATO                      DICED HAM ,CHEESE SAUCE                      STEAMED BROCCOLI FLORETS                      FRESH WG DINNER ROLL                      FRESH FRUIT</p> <p><b>**-Chicken and Cheese Garden Salad</b></p>	<p>13 CRISPY BREADED CHICKEN                      WG BUN                      BAKED BEANS                      HOT CINNAMON APPLE SLICES                      BL BERRIES(ELE/MS) CRANBERRY(HS)</p> <p><b>**- Chef Salad</b></p>	<p>14 CHEESY MOZZARELLA DIPPERS                      ITALIAN DIPPING SAUCE                      GARLIC BREADSTICK                      STEAMED CARROTS                      CHILLED DICED PEARS</p> <p><b>**-Chicken Fajita Salad</b></p>
<p>17 BBQ PORK ON CONEY BUN                      STEAMED BABY PEAS                      GRAHAM CRACKERS                      CHILLED DICED PEACHES</p> <p><b>**-Chicken and Cheese Garden Salad</b></p>	<p>18 ITALIAN MEAT SAUCE                      WG PASTA                      GARLIC BREAD                      STEAMED CORN                      PINEAPPLE TIDBITS</p> <p><b>**-Chef Salad</b></p>	<p>19 CHICKEN FAJITA                      GARDEN FIXINGS/SALSA                      BAKED BEANS                      FRESH DINNER ROLL                      STRAWBERRY APPLESAUCE</p> <p><b>**- Ham and cheese Sub-sandwich</b></p>	<p>20 CHEESEBURGER                      FRESH WG BUN                      POTATO WEDGES                      FRESH FRUIT</p> <p><b>**- Chicken Caesar Wrap</b></p>	<p>21 PEPP OR CHEESE FLATBREAD PIZZA                      HOT BROCCOLI FLORETS                      GARLIC BREAD STICK (HS)                      GARDEN SALAD/SALTINES                      FRESH FRUIT</p> <p><b>**- Taco Salad</b></p>
<p>24 MINI CORN DOGS                      HOT SWEET POTATO BITES                      CREAMY COLESLAW                      GRAHAM CRACKERS(HS)                      FRESH FRUIT</p> <p><b>**-Chicken Fajita Salad</b></p>	<p>25 NACHOS/WG CORN TORTILLA CHIPS                      GARDEN FIXINGS/SALSA                      STEAMED CORN                      ORANGE AMBROSIA</p> <p><b>**- Chicken Caesar Wrap</b></p>	<p>26 COLD DELI MEAT &amp; CHEESE                      STACKER                      STEAMED GREEN BEANS                      CHIPS                      FRESH FRUIT</p> <p><b>**- Chef Salad</b></p>	<p>27 ROAST PORK/CRANBERRIES                      WHIPPED POTATOES/ GRAVY                      STEAMED BABY PEAS                      FRESH DINNER ROLL                      HOT CINNAMON APPLE SLICES</p> <p><b>**- Chicken and Cheese Garden Salad</b></p>	<p>28 PIZZA CALZONE                      GARDEN SALAD/SALTINES                      STEAMED YELLOW SQUASH                      COOL BLUE SIDEKICK JUICE SLUSHY</p> <p><b>**-Taco Salad</b></p>

**\*\* THE MIDDLE SCHOOL AND HIGH SCHOOL OFFER AN ALTERNATE LUNCH CHOICE DAILY DURING THE REGULAR SCHOOL YEAR!**

# SEPTEMBER 2018

## CAMERON SCHOOL DISTRICT BREAKFAST MENU

### MONDAY

3  
NO SCHOOL!  
  
LABOR DAY

10  
WG BLUEBERRY BAGEL  
CREAM CHEESE  
  
-OR-  
CEREAL W/ CRACKERS

17  
WG MINI DONUTS  
GIANT GOLDFISH CRACKERS  
  
-OR-  
CEREAL W/ CRACKERS

24  
WG BANANA BREAD  
  
-OR-  
CEREAL W/ CRACKERS

### TUESDAY

4  
MUFFIN CHOICE  
STRING CHEESE  
  
-OR-  
CEREAL W/ CRACKERS

11  
WG CINNAMON ROLL  
  
-OR-  
CEREAL W/ CRACKERS

18  
PANCAKES/SYRUP  
EGG PATTY  
  
-OR-  
CEREAL W/ CRACKERS

25  
MUFFIN CHOICE  
YOGURT CUP  
  
-OR-  
CEREAL W/ CRACKERS

### WEDNESDAY

5  
BLUEBERRY BELVITA  
BREAKFAST WAFFERS  
WARM BAGEL HALF  
  
-OR-  
CEREAL W/ CRACKERS

12  
COCOA PUFF OR TRIX  
BREAKFAST BAR  
CHEEZ IT CRACKERS  
  
-OR-  
CEREAL W/ CRACKERS

19  
APPLE GRANOLA BAR  
TSTD ENGLISH MUFFIN/JELLY  
  
-OR-  
CEREAL W/ CRACKERS

26  
SAUSAGE CHEESE  
BREAKFAST SANDWICH  
  
-OR-  
CEREAL W/ CRACKERS

### THURSDAY

6  
PEACH YOGURT PARFAIT  
SPORT BITES CRACKERS  
  
-OR-  
CEREAL W/ CRACKERS

13  
WARM SOFT PRETZEL  
CHEESE DIPPING SAUCE  
GRIPZ BITZ  
  
-OR-  
CEREAL W/ CRACKERS

20  
WG POPTART CHOICE  
STRING CHEESE  
  
-OR-  
CEREAL W/ CRACKERS

27  
ULTIMATE CHOC CHIP  
OATMEAL BRKFST ROUND.  
  
-OR-  
CEREAL W/ CRACKERS

### FRIDAY

7  
PANCAKES/SYRUP  
EGG PATTY  
  
-OR-  
CEREAL W/ CRACKERS

14  
BREAKFAST PIZZA  
SALSA  
  
-OR-  
CEREAL W/ CRACKERS

21  
CHEESE OMELET  
WG TOAST  
  
-OR-  
CEREAL W/ CRACKERS

28  
BREAKFAST BURRITO  
SALSA  
  
-OR-  
CEREAL W/ CRACKERS

### BREAKFAST PROGRAM

4K-12<sup>TH</sup> GRADE

\$1.50/DAY 19 Days)

\$ 7.50/WEEK

\$28.50 / MONTH

(ANY STUDENT THAT QUALIFIES

FOR FREE OR REDUCED RATE

LUNCHQUALIFIES FOR

FREE BREAKFAST)

ADULTS/GUESTS-\$2.00/DAY

**\*\*FRUIT, JUICE, AND MILK CHOICE**

**AVAILABLE**

**WITH EVERY MEAL\*\***

OFFER-VS-SERVE

Students Are Offered At Least 4

Items Following Guidelines For

School Breakfast Programs

Set By The USDA

Students must select at least 3 of

the food items which should

include 1/2 c of fruit, juice and/or

vegetable menued at the beginning

of the service line to count as a

complete meal under the

USDA guidelines.

ITEMS ARE ALSO AVAILABLE AT THE

MS & HS (ONLY!)

when menued (SUBJECT TO CHANGE)

for those who have a positive

balance in their account and a signed

ala carte permission

slip on file with the food service

**ITEMIZED PRICING IS**

**AVAILABLE AT ANY POINT**

**OF SALE CHECKOUT**

**OR BY CONTACTING THE**

**FOOD SERVICE OFFICE AT**

**715 458-5821**

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## DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.

\*Menu and Nutritionals subject to change due to availability of products\*

Please read product labels when available or ask a Food Service worker for assistance.

This institution is an equal opportunity provider