

May 2018

CAMERON BREAKFAST MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1

WG BAGEL/JELLY
STRING CHEESE

FRESH FRUIT

2

BREAKFAST BURRITO
W/SALSA

DICED PEACHES

3

WARM WG SOFT PRETZEL
CHEESE DIP'N SAUCE
GRIPS BITS

FRESH FRUIT

4

WG MUFFIN CHOICE
FRUIT YOGURT CUP

FRESH FRUIT

7

COCOA PUFF OR TRIX
CEREAL BAR
CHEEZ IT-CRACKERS

FRESH FRUIT

8

PANCAKES/SYRUP
EGG PATTY

BERRIES

9

POPTART
WG TOAST

DICED PEARS

10

BREAKFAST PIZZA
1/2 BAGEL

APPLESAUCE

11

APPLE GRANOLA
BREAKFAST SQUARE
WG GOLDFISH PRETZELS

ORANGE AMBROSIA

14

BANANA BREAD

FRESH FRUIT

15

EGG/CHEESE OMELET
SALSA
TOAST/JELLY

DICED PEARS

16

FRUIT YOGURT PARFAIT
SCOOBY DOO GRAHAMS

DICED PEACHES

17

WG CINNAMON ROLL
STRING CHEESE

FRESH FRUIT

18

BAGEL W / STRAWBERRY
CREAM CHEESE OR JELLY
WG SPORTS BITES

CINNAMON APPLES

21

NUTRIGRAIN BAR
CHEEZ IT CRACKERS

FRESH FRUIT

22

FRENCH TOAST
STICKS/SYRUP
EGG PATTY

BERRIES

23

APPLE GRANOLA
BREAKFAST BAR
CINNAMON TOAST

PINEAPPLE TIDBITS

24

SAUSAGE AND CHEESE
BREAKFAST SANDWICH

FRESH FRUIT

25

WG MUFFIN CHOICE
GOLDFISH PRETZELS

APPLESAUCE

28

NO SCHOOL
MEMORIAL DAY!

29

CHOCOLATE GRANOLA
BREAKFAST BAR
WG TOAST/JELLY

FRUIT CHOICE

30

DONUTS
GIANT GOLDFISH
CRACKERS

FRESH FRUIT

31

PANCAKES/SYRUP
EGG PATTY

BERRIES

Did you Know...

The birthstone of May, the emerald, symbolizes success and love.

BREAKFAST PROGRAM

KG-12TH GRADE

\$1.35/DAY (22 Days)

\$ 6.75/WEEK

\$29.70 / MONTH

(ANY STUDENT THAT QUALIFIES FOR FREE OR REDUCED RATE LUNCHQUALIFIES FOR FREE BREAKFAST)

ADULTS/GUESTS-\$2.00/DAY

-CEREALW/CRACKERS BREAKFAST OPTION OFFERED DAILY-

**** MILK/JUICE CHOICE 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 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

ADD'L ENTRÉE-	\$1.25
YOGURT PARFAIT-	\$1.25
BREAKFAST BAR-	\$.90
STRING CHEESE-	\$.75
CEREAL/CRACKER-	\$.60
4 OZ YOGURT CUP-	\$.60
FRUIT-	\$.50
4 OZ JUICE-	\$.50
8 OZ MILK-	\$.35

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

CAMERON LUNCH MENU-MAY –JUNE 2018

<p>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 <u>only</u> Vegetable- Fresh, frozen, canned Under USDA guidelines <u>students</u> are asked to take a ½ cup Fruit ,Vegetable or combination <u>daily</u> 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</p>	<p>LUNCH PRICES ARE: ELEMENTARY KG-4th \$2.40 MIDDLE 5-8th \$2.70 HIGH SCHOOL 9-12th \$2.80 REDUCED- KG-12th \$.40 PAY SCALE – SEPTEMBER-20 DAYS DAYS- 25 Elem- Kg-4th \$60.00 DAYS-25 MS- 5-8th \$67.50 DAYS-25 HS- 9-12th \$70.00 REDUCED= ALL- \$10.00 ADD'L ENTRÉE-\$1.75 ADULTS/GUESTS-\$3.50 GUEST CHILD UNDER 5-\$2.80</p>	<p>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.</p>	<p>Menu subject to change due to availability of product!!! View the menu @ 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." Thank you for your participation in the School Lunch Program!</p>
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-ALL MEALS ARE SERVED WITH **ASSORTED FRESH VEGETABLES** -AND CHOICE OF 1%, SKIM, OR CHOCOLATE SKIM MILK-

Monday	Tuesday	Wednesday	Thursday	Friday
30 HAMBURGER ROUND UP BURGER-HS POTATO WEDGES  FRESH FRUIT ALT- CHICKEN CAESAR WRAP	1 NACHOS/ FIXINGS TORTILLA CHIPS STEAMED CORN STRAWBERRY APPLESAUCE ALT- CHICKEN GARDEN SALAD	2 TOASTED CHEESE SANDWICH TOMATO SOUP/ CRACKERS COOKED GREEN BEANS YOGURT(HIGH SCHOOL)) FRESH FRUIT ALT- CHEF SALAD	3 CHICKEN FAJITA'S FIXINGS WG DINNER ROLL BAKED BEANS FRESH FRUIT ALT- HAM & CHEESE SUB SANDWICH	4 ITALIAN MEATBALL SUB SANDWICH ON WG BUN BABY GREEN PEAS DICED PEACHES ALT- TACO SALAD
7 CHICKEN NUGGETS/DIP RICE A RONI DINNER ROLL-(ELE/MS) HOT MIXED VEGGIES FRESH FRUIT ALT- CHEF SALAD	8 HOT HAM & CHEESE WG BUN BAKED POTATO WEDGES DICED PEARS KETCHUP/ MUSTARD ALT- CHICKEN GARDEN SALAD	9 CHILI/ CRACKERS- (ELEM) ITALIAN MEAT SAUCE/ PASTA-(MS) STEAMED CORN GARLIC BREADSTICK ORANGE AMROSIA ALT- HAM & CHEESE SUB SANDWICH	10 BRATWURST WG BUN BAKED BEANS FRESH FRUIT KETCHUP/ MUSTARD ALT- CHICKEN CAESAR WRAP	11 MACARONI & CHEESE WG GARLIC TOAST ROUNDS STEAMED PEAS FRESH FRUIT ALT- TACO SALAD
14 BBQ PORK COOKED CARROTS CHIPS DICE PEARS ALT- CHICKEN CAESAR WRAP	15 TACOS/FIXINGS WG GARLIC TOAST ROUND BAKED BEANS ORANGE AMBROSIA ALT- CHICKEN GARDEN SALAD	16 COLD DELI MEAT & CHEESE STACKER STEAMED CORN FRESH FRUIT MAYO/ MUSTARD  ALT- CHEF SALAD	17 ROAST PORK-(ELM./HS) ROAST TURKEY- (MS) WHIPPED POTATOES/GRAVY DINNER ROLL/PEAS CRANBERRIES/CINNAMON APPLES ALT- HAM & CHEESE SUB SANDWICH	18 PEPP OR CHEESE FLATBREAD PIZZA COOKED BROCCOLI FLORETS SALAD GREENS/ SALTINES GARLIC BREADSTICK-(HS) FRESH FRUIT ALT- TACO SALAD
21 WG BREADED CHICKEN PATTY WG HAMBURGER BUN STEAMED GREEN BEANS FRESH FRUIT ALT- CHICKEN CAESAR WRAP	22 NACHOS/FIXINGS TORTILLA CHIPS STEAMED CORN PINEAPPLE TIDBITS ALT- CHICKEN GARDEN SALAD	23 CHICKEN ALFREDO WG PASTA BAKED BEANS WG BREADSTICK FRESH FRUIT ALT- HAM & CHEESE SUB SANDWICH	24 CALIFORNIA BURGER WG HAMBURGER BUN POTATO WEDGES FRESH FRUIT KETCHUP/MAYO/ MUSTARD ALT- CHEF SALAD	25 PIZZA CALZONE COOKED CARROTS GARDEN GREENS/ SALTINE GARLIC TOAST ROUND(HS) DICED PEAS ALT- TACO SALAD
28 MEMORIAL DAY!	29 MOZZARELLA PIZZA DIPPERS HOT MIXED VEGETABLES SALAD GREENS DICED PEACHES ALT- HAM & CHEESE SUB SANDWICH	30 CORN DOG BAKED BEANS FRESH FRUIT KETCHUP/MUSTARD ALT- CHICKEN CAESAR WRAP	31 BAKED POTATO HAM,CHEESE SAUCE STEAMED BROCCOLI DINNER ROLL/GRAHAM CRACKERS FRUIT CHOICE ALT- CHEF SALAD	June 1 COLD DELI MEAT & CHEESE SUB SANDWICH CHIPS FRESH VEGGIES FRESH FRUIT ALT- TACO SALAD
4 COOKS CHOICE- (TO BE ANNOUNCED)	