

DECEMBER 2017

CAMERON SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

DECEMBER WAS ORIGINALLY THE TENTH MONTH OF THE YEAR IN THE ROMAN CALENDAR. IT GETS ITS NAME FROM THE LATIN WORD "DECEM" WHICH MEANS TENTH.

BAGEL/JELLY
STRING CHEESE

1

-OR-
COLD CEREAL CHOICE
CRACKERS

PEACHES

WARM SOFT PRETZEL
CHEESE SAUCE
CRAISINS
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

4

PANCAKES/SYRUP
EGG PATTY
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

5

TOASTED BAGEL/JELLY
STRING
-OR-
CEREAL CHOICE
CRACKERS
CINNAMON APPLE SLICES

6

MUFFIN CHOICE
YOGURT CUP
-OR-
CEREAL CHOICE
CRACKERS
PEARS

7

BREAKFAST PIZZA
SALSA
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

8

SAUSAGE/CHEESE
BREAKFAST SANDWICH
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

11

WAFFLES STICKS
SYRUP
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

12

EGG/CHEESE OMELET
SALSA
TOAST/JELLY
-OR-
CEREAL CHOICE
CRACKERS
ORANGE AMBROSIA

13

CINNAMON ROLL
GRAHAM CRACKERS
-OR-
CEREAL CHOICE
CRACKERS
CINNAMON APPLE SLICES

14

NUTRIGRAIN BAR
BAGEL CHEESE MELT
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

15

BREAKFAST PIZZA
SALSA
-OR-
CEREAL CHOICE
CRACKERS
DICED PEARS

18

PANCAKES/SYRUP
EGG PATTY
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

19

TOASTED ENGLISH MUFFIN
FRUIT YOGURT PARFAIT
-OR-
CEREAL CHOICE
CRACKERS
PEACHES

20

BAGEL/SMART BALANCE
COCOA PUFF OR TRIX BAR
-OR-
CEREAL CHOICE
CRACKERS
STRAWBERRY APPLESAUCE

21

WG FRUIT POPTART
YOGURT
-OR-
CEREAL CHOICE
CRACKERS
FRESH FRUIT

22

MERRY CHRISTMAS!

25

VACATION DAY!

26

VACATION DAY!

27

VACATION DAY!

28

VACATION DAY!

29

2017-18 BREAKFAST PROGRAM PRICES-

KG-12TH GRADE-
\$1.35/DAY

\$ 6.75/WEEK
\$21.60 /MONTH

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

ADULTS/GUESTS-\$2.00/DAY

** MILK CHOICE WITH EVERY MEAL**

OFFER-VS-SERVE

Students Are Offered At Least 4 Items Following Guidelines For School Breakfast Programs Set By The USDA Which Include: Whole Grains- (Protien Foods May Be Offered After Daily Grain Requirement Is Met.)

Fruit , Juice and/or Vegetables- Milk-(at least 2 choices daily) 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

DECEMBER 2017



LET'S EAT!

CAMERON SCHOOL DISTRICT

PAY SCALE -16 DAYS

KG-4TH=\$38.40 5TH-8TH=\$43.20 9TH-12TH=\$44.80

REDUCED=\$6.40

LUNCH PRICES/MEAL KG-4=\$2.40, 6-8=\$2.70, 9-12=\$2.80
REDUCED=\$.40 ADULTS/GUESTS=\$3.50 CHILD UNDER 5-\$2.80

OFFER-VS-SERVE

STUDENTS ARE OFFERED 5 FOOD COMPONENTS AND ARE ASKED TO SELECT AT LEAST 3 FULL COMPONENTS WHICH SHOULD INCLUDE 1/2 C SERVING OF FRUIT &/OR VEGETABLE CHOICE TO COUNT AS A COMPLETE MEAL UNDER THE NATIONAL LUNCH PROGRAM



OFFERED DAILY: ASSORTED FRESH VEGETABLES

AT LEAST 2 MILK CHOICES
INCLUDING :

1%
SKIM

CHOCOLATE SKIM

-MS/HS- ARE OFFERED
AN *ALTERNATE MEAL
OPTION DAILY UNLESS OTHER WISE
STATED ON THE MENU!

HS STUDENTS ARE OFFERED
AT LEAST 2 FRUIT CHOICES
AND GARDEN GREENS DAILY.
LARGER PORTIONS AND EXTRA
GRAIN ITEMS ARE OFFERED
THROUGHOUT THE WEEK TO MEET
USDA GUIDELINES.

ITEMS ARE ALSO AVAILABLE AT THE
HS & MS(ONLY)
(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 DAILY ENTRÉE- \$1.75
FRZ JUICE SLUSHY- \$.90
STRING CHEESE- \$.75
YOGURT CUP- \$.60
FRUIT/VEGETABLE- \$.50
4 OZ JUICE- \$.50
8 OZ MILK - \$.35

(OTHER ITEMS MAY BE
AVAILABLE THROUGHOUT THE
YEAR AND WILL BE POSTED
NEAR THE SERVING LINES

Account balances can be
Checked at any Point of Sale

Mon	Tue	Wed	Thurs	Fri
				1 BREADED CHICKEN PATTY WG BUN STEAMED GREEN BEANS FRESH FRUIT LIGHT SALAD DRESSING <i>Alt- Taco Salad</i>
4 ITALIAN MEATBALL SUB STEAMED CARROTS FRITOS CINNAMON APPLE SLICES <i>Alt- Chef Salad</i>	5 TACO/FIXINGS WG GARLIC BREADSTICK BAKED BEANS PINEAPPLE SALSA <i>Alt- Chicken Caesar Wrap</i>	6 HAMBURGER CHEESEBURGER (HS ONLY) BAKED POTATO WEDGES FRESH FRUIT KETCHUP-MUSTARD <i>Alt- Taco Salad</i>	7 CHICKEN ALFREDO WG ROTINI PASTA WG ROLL-SMART BALANCE STEAMED BABY PEAS CANNED DICED PEACHES <i>Alt- Ham & Cheese Sub</i>	8 CHEESE OR PEPPERONI FLATBREAD PIZZA STEAMED BROCCOLI SALAD GREENS FRESH FRUIT <i>Alt- Chix Cheese Garden Salad</i>
11 CHICKEN NUGGETS/DIP'N SAUCE RICE A RONI WG ROLL(HS ONLY) STEAMED CARROTS FRESH FRUIT <i>Alt-Chef Salad</i>	12 NACHOS COOKED CORN TORTILLA CHIPS ORANGE AMBROSIA SALSA /LIGHT SOUR CREAM <i>Alt- Chicken Caesar Wrap</i>	13 BREADED CHICKEN PATTY POTATOES/GRAVY GREEN BEANS WG DINNER ROLL CRANBERRY/CINN APPLES <i>Alt- Chix Cheese Garden Salad</i>	14 CHILI/CRACKERS TSTED CHEESE SANDWICH HOT CALIFORNIA BLEND FRESH FRUIT <i>Alt- Ham & Cheese Sub</i>	15 CORN DOG BAKED BEANS DINNER ROLL(HS ONLY) DICED PEARS <i>Alt- Taco Salad</i>
18 HOT BBQ PORK SANDWICH STEAMED CORN GARDEN SALAD/CRACKERS DICED PEACHES <i>Alt- Chicken Caesar Wrap</i>	19 HOT BREADED MOZZARELLA CHEESE DIPPERS/DIP'N SAUCE STEAMED BROCCOLI CUTS GRAHAM CRACKERS/ROLL(HS) FRESH FRUIT <i>Alt- Taco Salad</i>	20 CHICKEN FAJITA/FIXINGS WG GARLIC BREADSTICK BAKED BEANS STRAWBERRY APPLESAUCE SALSA <i>Alt- Chef Salad</i>	21 HOT HAM MACARONI W/CHEESE HOT BABY PEAS CREAMY COLESLAW FRESH FRUIT <i>Alt- Chix Cheese Garden Salad</i>	22 PEPP/CHEESE CALZONE STEAMED CARROTS ASSORTED FRESH VEGGIES FROZEN JUICE SLUSHY <i>Alt- Ham & Cheese Sub</i>
25	26 VACATION DAY!	27 VACATION DAY!	28 VACATION DAY!	29 VACATION DAY!

Questions ??
Please call the Food Service Office
at: 715- 458- 5821

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF
PRODUCT
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

THANK YOU FOR YOUR PARTICIPATION
IN THE NATIONAL SCHOOL
LUNCH PROGRAM !!