

OCTOBER 2017 CAMERON SCHOOL DISTRICT BREAKFAST MENU

2017-18 BREAKFAST PROGRAM PRICES-

MONDAY

2
 BREAKFAST PIZZA
 WG PRETZEL ROLL
 SALSA
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEARS

TUESDAY

3
 WG PANCAKES/SYRUP
 EGG PATTY
 -OR-
 COLD CEREAL/CRACKERS
 BLUEBERRIES

WEDNESDAY

4
 MUFFIN CHOICE
 FRUIT YOGURT CUP
 -OR-
 COLD CEREAL/CRACKERS
 APPLESAUCE

THURSDAY

5
 WARM CINNAMON ROLL
 CRACKER CHOICE
 -OR-
 COLD CEREAL/CRACKERS
 GRAPES

FRIDAY

6
 WG BAGEL/JELLY
 STRING CHEESE
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEACHES

9
 WARM BANANA BREAD
 GRAHAM CRACKERS
 -OR-
 COLD CEREAL/CRACKERS
 APPLESAUCE

10
 EGG PATTY
 ENGLISH MUFFIN/JELLY
 -OR-
 COLD CEREAL/CRACKERS
 GRAPES

11
 APPLE GRANOLA SQUARE
 YOGURT
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEACHES

12
 BREAKFAST BURRITO
 SALSA
 -OR-
 COLD CEREAL/CRACKERS
 ORANGE OR GRAPEFRUIT

13
 WG POPTART CHOICE
 STRING CHEESE
 -OR-
 COLD CEREAL/CRACKERS
 BANANA

16
 NUTRIGRAIN BAR
 CHEESE BAGEL MELT
 -OR-
 COLD CEREAL/CRACKERS
 ORANGE OR GRAPEFRUIT

17
 WAFFLE STICKS/SYRUP
 EGG PATTY
 -OR-
 COLD CEREAL/CRACKERS
 STRAWBERRIES

18
 YOGURT PARFAIT
 SCOOPY DOO GRAHAMS
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEACHES

19
 WARM CINNAMON ROLL
 CRACKER CHOICE
 -OR-
 COLD CEREAL/CRACKERS
 CINNAMON APPLE SLICES

20
 BREAKFAST PIZZA
 WG PRETZEL ROLL
 SALSA
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEARS

23
 COCOA PUFF OR TRIX
 CEREAL BAR
 WG BAGEL/SMART BALANCE
 -OR-
 COLD CEREAL/CRACKERS
 GRAPES

24
 CHEESE OMELET
 WG TOAST/JELLY
 -OR-
 COLD CEREAL/CRACKERS
 APPLE

25
 MUFFIN CHOICE
 YOGURT
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEACHES

26
 WARM SOFT PRETZEL
 (PLAIN OR CHEESE)
 GRIPZ BITS
 -OR-
 COLD CEREAL/CRACKERS
 BLUEBERRIES

27
 APPLE GRANOLA SQR
 CINNAMON TOAST
 -OR-
 COLD CEREAL/CRACKERS
 APPLESAUCE

30
 BREAKFAST PIZZA
 WG PRETZEL ROLL
 SALSA
 -OR-
 COLD CEREAL/CRACKERS
 DICED PEARS

31
 WG PANCAKES/SYRUP
 EGG PATTY
 -OR-
 COLD CEREAL/CRACKERS
 STRAWBERRIES

DID YOU KNOW?
 More US presidents have been born in October than in any other month.

KG-12TH GRADE-
 \$1.35/DAY
 \$ 6.75/WEEK
 \$27.00-ELEM/MONTH
 \$28.35-MS-HS/MONTH
 (ANY STUDENT THAT QUALIFIES FOR FREE OR REDUCED RATE LUNCH QUALIFIES FOR FREE BREAKFAST)

ADULTS/GUESTS-
 \$2.00/DAY

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)

-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 AND 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 BOWL/CRACKERS-	\$.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

OCTOBER 2017



CAMERON SCHOOL DISTRICT
 PAY SCALE -20 DAY-ELEM 21 DAYS-MS/HS
 KG-4TH=\$48.00 5TH-8TH=\$56.70 9TH-12TH=\$58.80
 REDUCED=\$8.00 ELEM \$8.40 MS/HS
 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, fr 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 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
2 CALIFORNIA BURGER WG HAMBURGER BUN POTATO WEDGES FRESH FRUIT <i>ALT-CHIX CHEESE GARDEN SALAD</i>	3 TACOS/FIXINGS STEAMED CORN GARLIC BREADSTICK PINEAPPLE TIDBITS <i>ALT- CHIX CAESAR WRAP</i>	4 CORN DOG BAKED BEANS DINNER ROLL-(HS) FRESH FRUIT <i>ALT- CHEF SALAD</i>	5 CHICKEN ALFREDO/WG PASTA DINNER ROLL COOLED GREEN BEANS DICED PEACHES <i>ALT- HAM & CHEESE SUB</i>	6 TOASTED CHEESE SANDWICH TOMATO SOUP SLATINE CRACKERS FRESH FRUIT <i>ALT- TACO SALAD</i>
9 CHICKEN NUGGETS/DIPPING SAUCE RICE A RONI DINNER ROLL/SMART BALANCE STEAMED CALIFORNIA VEGGIES FRESH FRUIT <i>ALT- HAM & CHEESE SUB</i>	10 NACHOS/CHEESE SAUCE FIXINGS COOKED SWEET CORN NIBLETS MANDARIN ORANGES "NATIONAL" <i>ALT- CHIX CAESAR WRAP</i>	11 DELI MEAT SUB-SANDWICH LETTUCE/TOMATO APPLE W/ YOGURT DIP LIGHT SALAD DRESSING/MUSTARD "HOT LUNCH" <i>ALT- CHIX CHEESE GARDEN SALAD</i>	12 CHICKEN FAJITA/FIXINGS WG GARLIC BREAD STICK BAKED BEANS STRAWBERRIES "WEEK" <i>ALT- CHEF SALAD</i>	13 PEPPERONI OR CHEESE FLATBREAD PIZZA STEAMED BROCCOLI FROZEN JUICE SLUSHY <i>ALT- TACO SALAD</i>
16 ITALIAN MEATBALL SUB SANDWICH STEAMED SLICED CARROTS CREAMY COLESLAW DICED PEACHES <i>ALT- CHEF SALAD</i>	17 ROAST PORK/CRANBERRIES POTATOES/GRAVY DINNER ROLL/SMART BALANCE STEAMED GREEN BEANS WARM CINNAMON APPLE SLICES <i>ALT- CHIX CHEESE GARDEN SALAD</i>	18 MACARONI & CHEESE WG GARLIC BREADSTICK COOKED BABY PEAS FRESH FRUIT <i>ALT- TURKEY CHEESE SUB</i>	19 HAMBURGER ROUND UP BURGER-HS LETTUCE/TOMATO HOT SWEET POTATO BITES FRESH FRUIT <i>ALT- CHIX CAESAR WRAP</i>	20 PIZZA CALZONE STEAMED SWEET CORN GARDEN SALAD/SALTINES FRESH FRUIT <i>ALT- TACO SALAD</i>
23 BBQ PORK SANDWICH BAKED BEANS COOKED CARROTS DICED PEARS <i>ALT- CHIX CHEESE GARDEN SALAD</i>	24 CRISPY CHICKEN PATTY POTATOES/GRAVY STEAMED BABY PEAS DINNER ROLL/SMART BALANCE FRESH FRUIT <i>ALT- CHIX CAESAR WRAP</i>	25 ITALIAN MEAT SAUCE WG PASTA/GARLIC BREADSTICK COOKED CORN NIBLETS ORANGE AMBROSIA <i>ALT- CHEF SALAD</i>	26 NO SCHOOL!	27 HOT HAM & CHEESE STEAMED BROCCOLI FLORETS CHIPS FRESH FRUIT <i>ALT- TACO SALAD</i>
30 BRATWURST/FIXINGS WG BUN STEAMED CALIFORNIA VEGGIES FRESH FRUIT KETCHUP/MUSTARD <i>ALT- HAM & CHEESE SUB</i>	31 CHEESY PIZZA DIPPERS W/SAUCE GARLIC BREADSTICK GARDEN SALAD FRESH FRUIT <i>ALT- CHIX CAESAR WRAP</i>			

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 !!