

FEBRUARY 2019

CAMERON SCHOOL DISTRICT BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

THE ROMAN MONTH FEBRUARIUS WAS NAMED AFTER THE LATIN TERM FEBRUUM, WHICH MEANS PURIFICATION, VIA THE PURIFICATION RITUAL FEBRUA HELD ON FEBRUARY 15 (FULL MOON) IN THE OLD LUNAR ROMAN CALENDAR.

NO SCHOOL!

1

4

WG NUTRIGRAIN BAR
YOGURT CUP

FRUIT CHOICE

5

EGG & CHEESE OMELET
WG TOAST

FRUIT CHOICE

6

WG MUFFIN CHOICE
STRING CHEESE

FRUIT CHOICE

7

WG BREAKFAST
BURRITO
SALSA

FRUIT CHOICE

8

WG PANCAKES/SYRUP
CUP
EGG PATTY

FRUIT CHOICE

11

WG BANANA BREAD

FRUIT CHOICE

12

EGG PATTY
WG BAGEL

FRUIT CHOICE

13

WG FRUIT GRANOLA BAR
STRING CHEESE

FRUIT CHOICE

14

STRAWBERRY YOGURT
PARFAIT
WG GIANT GOLDFISH

FRUIT CHOICE
(WITH CEREAL OPTION)
(HAPPY VALENTINES DAY!)

15

BACON & CHEESE WG
BREAKFAST PIZZA
SALSA
GRAHAM CRACKERS
FRUIT CHOICE

18

WG SCOOPY GRAHAMS
YOGURT CUP

FRUIT CHOICE

19

WG SAUSAGE & CHEESE
BREAKFAST SANDWICH

FRUIT CHOICE

20

WG BLUEBERRY BAGEL
STRING CHEESE

FRUIT CHOICE

21

WG CINNAMON ROLL
GRAHAM CRACKERS

FRUIT CHOICE

22

WG PANCAKES/SYRUP
CUP
EGG PATTY

FRUIT CHOICE

25

WG MUFFIN CHOICE
YOGURT CUP

FRUIT CHOICE

26

EGG PATTY
SAUSAGE
WG TOAST

FRUIT CHOICE

27

WG POPTART
STRING CHEESE

FRUIT CHOICE

28

PEACH YOGURT
PARFAIT
WG SPORT BITES

FRUIT CHOICE
(WITH CEREAL OPTION)

BREAKFAST PROGRAM

4K-12TH 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

JUICE, AND MILK CHOICE AVAILABLE WITH EVERY MEAL**

COLD CEREAL AND CRACKER OPTION OFFERED DAILY

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

Menu and Nutritional 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 provide

CAMERON SCHOOL DISTRICT SCHOOL LUNCH MENU FEBRUARY 2019

<p>OFFER VS SERVE MEAL PATTERN Students are offered 5 Food Components</p> <p><u>Meat/Meat alternate</u> <u>Grain</u> -All grains are whole grain rich <u>Fruit</u>-Fresh, frozen, canned in juice or light syrup <u>only</u> <u>Vegetable</u>- Fresh, frozen, canned</p> <p>Under USDA guidelines <u>students</u> are asked to take a ½ cup Fruit ,Vegetable or combination <u>daily</u> on their lunch tray</p> <p><u>Milk</u>-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:</p> <p>ELEMENTARY KG-4th \$2.50 MIDDLE 5-8th \$2.80 HIGH SCHOOL 9-12th \$2.90 REDUCED- KG-12th \$.40</p> <p>PAY SCALE - FEBRUARY-19 DAYS</p> <p>DAYS-19 Elem- 4K-4th \$47.50 DAYS-19 MS- 5-8th \$53.20 DAYS-19 HS- 9-12th \$55.10</p> <p>REDUCED= 4K-12= \$7.60 ADD'L ENTRÉE-\$1.75 ADULTS/GUESTS=\$3.75 GUEST CHILD UNDER 5=\$2.90</p>	<p><u>PARENTS</u> 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.</p> <p style="text-align: center;">****PLEASE NOTE****</p> <p>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</p> <p>“THIS INSTITUTION IS AN EQUAL OPPURTUNITY PROVIDER.”</p> <p style="text-align: center;">HAPPY NEW YEAR!!! We wish all students a very successful year!!</p>
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-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>4 WG CORN DOG BAKED BEANS DINNER ROLL(HS)</p> <p>DICED PEARS <i>Alt- Chicken Caesar Wrap</i></p>	<p>5 CHILI/MACARONI & CHEESE CORN WG GARLIC TST ROUND</p> <p>FRESH FRUIT <i>Alt- Ham & Cheese Sub-sandwich</i></p>	<p>6 BBQ PORK WG CONEY BUN COOKED CARROTS GRAHAM CRACKERS</p> <p>DICED PEACHES <i>Alt- Chicken Fajita Salad</i></p>	<p>7 CHICKEN ALFREDO WG PENNE PASTA BABY PEAS WARM WG BREADSTICK</p> <p>STRAWBERRY APPLESAUCE <i>Alt- Chef Salad</i></p>	<p>8 PEPPERONI OR CHEESE FLATBREAD PIZZA STEAMED BROCCOLI</p> <p>FRESH FRUIT <i>Alt- Taco Salad</i></p>
<p>11 WG CHICKEN NUGGETS DIPPING SAUCE RICE A RONI/ WG ROLL GREEN BEANS</p> <p>FRESH FRUIT <i>Alt- Chix Cheese Garden Salad</i></p>	<p>12 NACHOS/ FIXINGS CORN TORTILLA CHIPS MIXED VEGETABLES</p> <p>PINEAPPLE TIDBITS <i>Alt- Ham & Cheese Sub-sandwich</i></p>	<p>13 CALIFORNIA BURGER WG BUN POTATO WEDGES</p> <p>FRESH FRUIT <i>Alt- Chef Salad</i></p>	<p>14 WG FRENCH TOAST STICKS SYRUP CUP SAUSAGE PATTY FRUIT YOGURT CUP</p> <p>FRZ JUICE SLUSHY HAPPY VALENTINES DAY! <i>Alt- Chicken Caesar Wrap</i></p>	<p>15 WG PIZZA CALZONE BAKED BEANS WG BREADSTICK(HS)</p> <p>FRESH FRUIT <i>Alt- Taco Salad</i></p>
<p>18 WG MINI CORN DOGS MIXED VEGGIES CREAMY COLE SLAW GRAHAM CRACKERS</p> <p>STRAWBERRIES <i>Alt- Chix Cheese Garden Salad</i></p>	<p>19 CHICKEN FAJITA WG FLOUR TORTILLA CORN WG BREADSTICK</p> <p>MANDARIN ORANGES <i>Alt- Chef Salad</i></p>	<p>20 BAKED POTATO HAM, CHEESE SAUCE STEAMED BROCCOLI WG ROLL</p> <p>DICED PEARS <i>Alt- Chicken Caesar Wrap</i></p>	<p>21 DELI MEAT AND CHEESE SANDWICH STACKER BAKED BEANS</p> <p>FRESH FRUIT <i>Alt- Taco Salad</i></p>	<p>22 MOZZARELLA DIPPERS DIP'N SAUCE GREEN BEANS WG GARLIC TOAST</p> <p>FRESH FRUIT <i>Alt- Ham & Cheese Sub-sand.</i></p>
<p>25 GR CHICKEN & CHEESE WG BUN SWEET POTATO TOTS BAKED BEANS</p> <p>FRESH FRUIT <i>Alt- Chef Salad</i></p>	<p>26 TACO/ FIXINGS WG SOFT TORTILLA MEXICALI CORN WG GARLIC TST ROUND</p> <p>PINEAPPLE TIDBITS <i>Alt- Ham & Cheese Sub-sandwich</i></p>	<p>27 ROAST PORK WHIPPED POTATOES WG ROLL/GRAVY PEAS</p> <p>CRANBERRY/CINN. APPLES <i>Alt- Chicken Caesar Wrap</i></p>	<p>28 ITALIAN MEAT SAUCE WG ROTINI PASTA HOT CALIFORNIA VEGGIES GARLIC BREAD STICK</p> <p>FRESH FRUIT <i>Alt- Chicken Fajita Salad</i></p>	<p>MARCH 1 NO SCHOOL!</p>

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