

# September 2017 Cam Elem/Jr. Hi Line 1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk is offered with every meal, Juice is offered at breakfast only					1 cereal, Scooby doo, fruit Chicken nuggets or steak fingers, brown rice gravy, green beans, ketchup, sliced carrots, bread, fruit	2
3	4 LABOR DAY	5 biscuit/sausage, jelly fruit  Nacho or soft taco, <u>pinto beans</u> , shred romaine, tomatoes, ff ranch, taco sauce, fruit	6 pancake on a stick, syrup, fruit Lasagna or steak fingers, broccoli/cheese, celery sticks, bread, ff ranch, ketchup fruit	7 sausage roll, mustard, fruit Chili/cheese dog or chicken burger, tater tots, shred romaine tomato, onions, ketchup, ff mayo, mustard, fruit	8 breakfast burrito, salsa, fruit Corn dog or fish, mac/cheese, <u>garden salad</u> , ff ranch, ketchup, mustard, fruit	9
10	11 cereal, graham cracker, fruit  Cheese or pepperoni pizza, corn, green beans, fruit ff ranch, fruit	12 biscuit/sausage, jelly fruit  Spaghetti/meat sauce, or steak fingers, broccoli/cheese, celery sticks, garlic bread, ff ranch ketchup, fruit	13 cereal, muffin, fruit  Enchiladas or beef burrito, <u>pinto beans</u> , <u>garden salad</u> , ff ranch, salsa, fruit	14 sausage roll, mustard, fruit Hamburger or cheeseburger, shred romaine, tomatoes, onions, ketchup, ff mayo, mustard, tater tots, fruit	15 french toast, little smokies, syrup, fruit Chicken nuggets, or steak fingers, br. Rice, gravy, <u>garden salad</u> , bread, ff ranch, ketchup, fruit	16
17	18 cereal, muffin, fruit  Chicken crispito or chicken quesadilla, corn, green beans, ff ranch, fruit	19 biscuit/sausage, jelly fruit Nacho or chicken fajitas, <u>pinto beans</u> , shred romaine, tomato, ff ranch, salsa, fruit	20 br. Burrito, salsa, fruit Chicken alfredo or egg roll, green beans, celery sticks, bread sticks, sweet & sour sauce, fruit	21 sausage roll, mustard, fruit Chili/cheese dog or chicken burger, tater tots, shred romaine tomato, onions, ketchup, ff mayo, mustard, fruit	22 taco-to-go, salsa, fruit Corn dog or fish, mac/cheese, <u>garden salad</u> , ff ranch, ketchup, mustard, fruit	23
24	25 cereal, Scooby doo, fruit Cheese or pepperoni pizza, corn, green beans, fruit ff ranch, fruit	26 biscuit/sausage, jelly fruit Chicken sticks or BBQ Rib on bun, mashed potatoes, gravy, green beans, bread, ketchup, fruit	27 cereal, muffin, fruit Bean and cheese burrito or frito pie, <u>pinto beans</u> , <u>garden salad</u> Celery sticks, ff ranch, fruit	28 sausage roll, mustard, fruit Hamburger or cheeseburger, shred romaine, tomatoes, onions, ketchup, ff mayo, mustard, tater tots, fruit	29 pancake on a stick, syrup, fruit Chicken nuggets, or steak fingers, br. Rice, gravy, <u>garden salad</u> , bread, ff ranch, ketchup, fruit	30 USDA IS AN EQUAL PROVIDER AND EMPLOYER