



BREAKFAST MENU

CAM COMMUNITY SCHOOLS

OCTOBER, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	Muffin Or Cereal Assorted Juice and Fruit	1	Biscuit and Gravy Or Cereal Assorted Juice and Fruit	2	Uncrustable Or Cereal Assorted Juice and Fruit	3	Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit	4	French Toast Sticks Or Cereal Assorted Juice and Fruit
7	Donut Holes Or Cereal Assorted Juice and Fruit	8	Sunrise Sandwich Or Cereal Assorted Juice and Fruit	9	Long John Or Cereal Assorted Juice and Fruit	10	Scrambled Eggs & Toast Or Cereal Assorted Juice and Fruit	11	Breakfast Bites Or Cereal Assorted Juice and Fruit
14	Cinnamon Roll Or Cereal Assorted Juice and Fruit	15	Pancakes & Sausage Links Or Cereal Assorted Juice and Fruit	16	English Muffin Or Cereal Assorted Juice and Fruit	17	Breakfast Bar Or Cereal Assorted Juice and Fruit	18	Breakfast Burrito Or Cereal Assorted Juice and Fruit
21	Pop Tart Or Cereal Assorted Juice and Fruit	22	Oatmeal & Toast Or Cereal Assorted Juice and Fruit	23	Bagel Bites Or Cereal Assorted Juice and Fruit	24	Powder /Choc Doughnut Or Cereal Assorted Juice and Fruit	25	Breakfast Pizza Or Cereal Assorted Juice and Fruit
28	Breakfast Bites Or Cereal Assorted Juice and Fruit	29	Blueberry or Chocolate Muffin Or Cereal Assorted Juice and Fruit	30	Biscuit and Gravy Or Cereal Assorted Juice and Fruit	31	Uncrustable Or Cereal Assorted Juice and Fruit	Nov 1	Cheese Omelet & Toast Or Cereal Assorted Juice and Fruit

Menus are subject to change without notice.

ALL MEALS SERVED WITH LOW FAT OR FAT FREE MILK

USDA is an EOE opportunity distributor.

Family Lunch Account Policy: Notifications will be given to students and/or emailed to parents each Monday for accounts that have a negative balance. Parents may also check lunch account balances through the JMC online parent access program linked to the school website (camcougars.org), and we encourage you to do so. When accounts reach a negative balance students will not be allowed to have seconds at breakfast or lunch unless they have the money in hand or until the account has a positive balance. Parents may also be notified as needed during the week if accounts become negative.