



LUNCH MENU CAM COMMUNITY SCHOOLS OCTOBER, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>Burrito Lettuce, Tomato & Salsa Refried Beans Spanish Rice Baby Carrots w/Low Cal Dip Pears</p>	<p>1</p> <p>Chicken Nuggets Tator Tots Cucumber W/Low Cal Ranch Sidekick PB/BB Sandwich</p>	<p>2</p> <p>Soft Shell Taco Lettuce and Tomatoes Salsa and Cheese Refried Beans Fruit Cocktail Bread & Butter Sandwich</p>	<p>3</p> <p>Spaghetti w/Meat Sauce Mixed Salad w/Dressing Cucumber Slices Peaches Garlic Bread</p>	<p>4</p> <p>Little Smokies Mac & Cheese Fresh Broccoli Orange Wedges</p>
<p>7</p> <p>Chicken Patty on Bun w/ Lettuce and Tomato Crinkle Cut FF Baked Beans Pineapple</p>	<p>8</p> <p>Pork Chop Mashed Potatoes w/ Gravy Green Beans Applesauce Bread & Butter</p>	<p>9</p> <p>Pizza Dippers Baby Carrots w/Low Cal Ranch Potato Wedges Mandarin Oranges</p>	<p>10</p> <p>Creamed Chicken Over Toast Cubes or Biscuit Carrot Coins Watermelon</p>	<p>Turkey Roll Up w/ Lettuce & Tomato Fresh Broccoli & Cauliflower w/ Low Cal Ranch Bananas Chips</p>
<p>14</p> <p>BBQ Rib on Bun Baby Carrots w/Low Cal Ranch Potato Wedges Strawberries</p>	<p>15</p> <p>Chicken & Noodles Mashed Potatoes Peas Apricots Hot Roll</p>	<p>16</p> <p>Rotini w/Meat Sauce Mixed Greens w/Low Cal Dressing Red & Green Pepper Strips Grapes Breadsticks</p>	<p>17</p> <p>Beef Nachos w/ Tortilla Chips & Salsa Refried Beans Baby Carrots w/ low cal dressing Pears B&B/PB Sandwich</p>	<p>18</p> <p>Corn Dog Tri Tator Baked Beans Sliced Apples</p>
<p>21</p> <p>Salisbury Steak Mashed Potatoes Green Beans Applesauce Cups Bread and Butter</p>	<p>22</p> <p>Sloppy Joe on Bun Celery w/low cal Ranch SunChips Mixed Fruit</p>	<p>23</p> <p>Crispito Lettuce, tomato & salsa Baby Carrots w/Low Cal Ranch Refried Beans Spanish Rice Peaches</p>	<p>24</p> <p>4 Hr Early Out NO LUNCH Parent Teacher Conferences 1-9</p>	<p>25</p> <p>NO SCHOOL</p>
<p>28</p> <p>Meatball Sub Romaine Lettuce w/Low Calorie Dressing FF Orange Wedges</p>	<p>29</p> <p>Chicken Fajita Red & Green Pepper Strips Refried Beans Pineapple Spanish Brown Rice</p>	<p>30</p> <p>Turkey Club Wrap Lettuce & Tomatoes Cucumber Slices w/Low Cal Ranch Sidekick Sun Chips</p>	<p>31</p> <p>Potato Wedge Bar Chicken Taco or Ham Hot Cheese or Shredded Steamed Broccoli Mandarin Oranges Butter / PB Sandwich</p>	<p>Nov 1</p> <p>Pizza Romaine Lettuce w/Low Calorie Dressing Peaches Chips</p>

