

October 2018 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 Cereal is offered at breakfast only Fruit is offered with every meal	1 scooby doo, cereal, fruit Ham/cheese sandwich or turkey/cheese sandwich, carrot Sticks, celery sticks, apple , chips, cookies, ketchup, ff mayo, mustard Early Release	2 sausage roll, fruit, mustard fruit Chicken crispito or chicken quesadilla, corn, garden salad , Ff ranch, fruit	3 blueberry muffin, fruit, cereal Regular or spicy popcorn chicken, gravy, pinto beans , Br. rice, broccoli/cheese_bread, ff ranch, fruit	4 biscuit, sausage, jelly, fruit Chili cheese dog or breaded chicken patty on bun, tater tots, shred romaine, tomatoes, onions, pickles, ketchup ff mayo, mustard Fruit	5 br burrito, salsa, cereal fruit Chicken nuggets or steak fingers, mashed potatoes, gravy, green beans, bread, fruit	
7 All meals are subject to change without prior notice due to availability of product	8 Student Holiday	9 sausage roll, fruit, mustard Chicken crispito or chicken quesadilla, corn, garden salad , Ff ranch, fruit	10 french toast/little smokies, syrup Frito pie or shredded pork on a bun, pinto beans, garden salad Ff ranch, BBQ sauce, fruit	11 biscuit, sausage, jelly, fruit Chili cheese dog or breaded chicken patty on bun, tater tots, shred romaine, tomatoes, onions, pickles, ketchup ff mayo, mustard Fruit	12 br burrito, salsa, cereal fruit BBQ Rib on bun or sausage wrap, mac/cheese, veggie beans, celery sticks, ketchup ff mayo, mustard fruit	13
14	15 graham cracker, cereal, fruit Chicken crispito or chicken quesadilla, corn, garden salad , ff ranch, fruit	16 sausage roll, mustard, fruit Regular or spicy popcorn chicken, broccoli/cheese sliced carrots, br. rice, gravy, wheat roll, fruit	17 chocolate muffin, fruit, cereal Chicken fried steak or hamburger steak, br. rice, gravy, sliced carrots, peas, wheat bread, fruit pinto beans	18 biscuit, sausage, jelly, fruit Chili cheese dog or breaded chicken patty on bun, tater tots, shred romaine, tomatoes, onions, pickles, ketchup ff mayo, mustard Fruit	19 pancake on a stick, syrup, fruit Chicken nuggets or steak fingers, Mashed potatoes, green beans, gravy, wheat bread, fruit	20
21	22 gr. Crackers, cereal, fruit Chicken crispito or chicken quesadilla, corn, garden salad , ff ranch, fruit	23 sausage roll, mustard, fruit Regular or spicy popcorn chicken, mashed potatoes, peas, , gravy, wheat roll, fruit	24 french toast /little smokies, fruit Nachos or BBQ on bun, pinto beans, garden salad , ff ranch, fruit	25 biscuit, sausage, jelly, fruit Chili cheese dog or breaded chicken patty on bun, tater tots, shred romaine, tomatoes, onions, pickles, ketchup ff mayo, mustard Fruit	26 br. wrap. Salsa, cereal, fruit BBQ rib on bun or bean/cheese burrito, mac/cheese, veggie beans, celery sticks, fruit	27
28	29 graham cracker, cereal, fruit Chicken crispito or chicken quesadilla, corn, garden salad , ff ranch, fruit	30 sausage roll, mustard, fruit Regular or spicy chicken breast on a bun, garden salad , ketchup, ff mayo, mustard, fruit,	31 blueberry muffin, cereal, fruit Taco bowl or bean/cheese burrito, pinto beans, garden salad , ff ranch, fruit			

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