

# OCTOBER 2017

## Camden Central Schools

### MONDAY

Chicken Nuggets/Roll  
Sweet Potato Fries  
Green Beans  
Fruit Cup

2

### TUESDAY

BBQ Beef Rib on a Bun  
Broccoli  
Baked Beans  
Apple/Fruit Cup

3

### WEDNESDAY

Oriental Chicken  
Vegetable Egg Roll  
Noodles  
Juice Cup/Fruit Cup

4

### THURSDAY

Roast Turkey/Roll  
Rice w/Gravy  
Carrots  
Banana/Fruit Cup

5

### FRIDAY

Pepperoni OR Garlic Pizza  
Romaine Salad/Veggies  
Assorted Fruit

6

Columbus Day  
No School

9

Specialty Burger on a Bun  
Lettuce/Tomato/Cheese  
Corn  
Assorted Fruit

10

Macaroni and Cheese  
Carrots (Cooked)  
Whole Grain Roll  
Assorted Fruit

11

Baked Ham Slice  
Mashed Potato  
Baked Beans/Corn Muffin  
Apple or Orange

12

Cheese OR Garlic Pizza  
Carrot Sticks/Dip  
Assorted Fruit

13

French Toast Sticks  
Breakfast Sausage  
Hash Brown  
Baked Apple Slices

16

Taco (Hard or Soft)  
Lettuce, Tomato, Cheese  
Refried Beans  
Chilled Pears/Apple

17

Pepperoni OR Garlic Pizza  
Broccoli  
Assorted Fruit

18

Fish on a Bun  
Corn  
Tator Tots  
Assorted Fruit/Grapes

19

Superintendent's  
Day  
No  
School

20

Chicken Fajita/Cheese  
Peppers, Onions,  
Salsa  
Refried Beans/Corn  
Applesauce/Fruit Cup

23

Deli Choice  
Assorted Cold Cuts  
Lettuce, Tomato, Cheese  
Tortilla Chips & Salsa  
Fruit Cup/Banana

24

Toasted Cheese  
Tater Tots  
Creamy Coleslaw  
Fruit Cup

25

Meatball Tunnel  
Green Beans  
Tomato/Cucumber Salad  
Apple/ Fruit Cup

26

Cheese OR Garlic Pizza  
Rainbow Raw Veggies  
Assorted Fruit

27

Hot Dog on a Bun  
Steamed Carrots  
Baked Beans  
Strawberry Cup/Fruit

30

Homemade Spaghetti  
with Meat Sauce  
Romaine Tossed Salad  
Orange/Fruit Cup

31

### DID YOU KNOW?

More US presidents have been born in October than in any other month.

### A La Carte

K-4  
Cheese Pizza  
6oz Yogurt with String  
Cheese and Roll  
PB&J Sandwich on  
Whole Grain Bread  
5-12  
Cheese or Garlic Pizza  
Asst Deli Sandwich on  
Whole Grain Bread  
Asst Salad with Whole  
Grain Roll  
Chicken Patty on a WG  
Bun

### School News

Oct. 9<sup>th</sup>  
Columbus Day –No  
School

Oct. 20<sup>th</sup>  
Superintendent's Day,  
NO SCHOOL

Oct 31<sup>st</sup> 5-12 ½ Day  
Professional  
Development

Meal Prices K-12

Breakfast FREE  
Lunch FREE

\*Menu subject to change