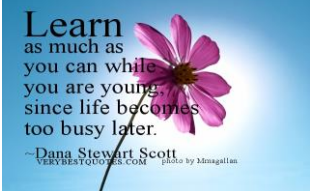


AUGUST 2016 CAMP VERDE COWBOYS HIGH SCHOOL



**HIGH SCHOOL
PRICES
BREAKFAST
REDUCED \$.30
FULL PRICE \$1.50
LUNCH
REDUCED \$.40
FULL PRICE \$2.75**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
8	COLD CEREAL OR BAGEL WITH CREAM CHEESE	9	COLD CEREAL OR APPLE FRUDEL	10	COLD CEREAL OR BLUEBERRY MUFFIN	11	COLD CEREAL OR POPARTART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
CHICKEN STRIPS FRENCH FRIES FRESH APPLE CHOICE OF MILK		HOT DOG BAKED BEANS CELERY STICKS PEACH CUP CHOICE OF MILK		SOFT CHICKEN TACO WITH SHREDDED LETTUCE & CHEESE, CORN PEAR CUP CHOICE OF MILK		DEEP DISH PEPPERONI PIZZA GARDEN SALAD WITH RANCH DRESSING FRESH APPLE CHOICE OF MILK	
15	COLD CEREAL OR GLAZED DONUT	16	COLD CEREAL OR BISCUIT AND GRAVY EGG & CHEESE SANDWICH	17	COLD CEREAL OR PANCAKE ROLLUP	18	COLD CEREAL OR POPARTART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
SPAGHETTI WITH MEAT SAUCE WHEAT ROLL GREEN SALAD WITH RANCH FRUIT COCKTAIL CUP CHOICE OF MILK		CHEESE BURGER WITH SHREDDED LETTUCE & AMERICAN CHEESE, FRENCH FRIES ORANGE WEDGES CHOICE OF MILK		BBQ DRUM STICKS COLESLAW APPLESAUCE CUP CHOICE OF MILK		MOZERALLA CHEESE STICKS WITH MARINARA SAUCE GARDEN SALAD W/ RANCH DRESSING, FRESH APPLE CHOICE OF MILK	
22	COLD CERAL OR STRAWBERRY CHURRO	23	COLD CEREAL OR HOT FRESH CINNAMON ROLL	24	COLD CEREAL OR W/G CHOCOLATE MUFFIN	25	COLD CEREAL OR POPARTART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
HOMEMADE BEAN AND CHEESE TOSTADA WITH LETTUCE AND CHEESE MEXI CORN PEACH CUP CHOICE OF MILK		HOT HAM AND CHEESE ON A FRESH PRETZEL ROLL CARROT STICKS WITH RANCH DIP PINEAPPLE CUP CHOICE OF MILK		BEEF FINGERS WITH BBQ DIP VEGGIE BEANS CUCUMBER SLICES JELLO CUP WITH FRUIT CHOICE OF MILK		CHEESE PIZZA BOAT GARDEN SALAD RANCH DRESSING FRESH APPLE CHOICE OF MILK	
29	COLD CEREAL OR HOT CHERRY FRUDEL	30	COLD CEREAL OR STRAWBERRY PANCAKE WITH SYRUP OR	31	COLD CEREAL OR VANILLA YOGURT WITH GRAHAM CRACKERS	SEPT. 1	COLD CEREAL OR POPARTART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		EGG AND CHEESE SANDWICH JUICE, FRESH FRUIT, MILK CHICKEN SANDWICH WITH SHREDDED LETTUCE TATER TOTS FRUIT COCKTAIL CHOICE OF MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
MEATLOAF GREEN BEANS WHOLE WHEAT ROLL PEAR CUP CHOICE OF MILK				HOMEMADE BEEF NACHO'S CHIPS, SHREDDED CHEESE, GROUND BEEF, REFRIED BEANS ORANGE SLICES CHOICE OF MILK		DEEP DISH PEPPERONI PIZZA GARDEN SALAD WITH RANCH DRESSING FRESH APPLE CHOICE OF MILK	



SERVED DAILY :		
BREAKFAST	LUNCH	OFFERED DAILY WITH MAIN LINE ENTRÉE
POP-TART- CINNAMON OR STRAWBERRY CEREAL BARS- ASSORTED VARIETY	NEW FOR YOU THIS YEAR OFFERED DAILY: CHEF SALAD BAR: FRESH SALAD, CARROTS, CELERY STICKS, CUCUMBERS COTTAGE CHEESE, CHERRY TOMATO'S, BROCOLLI FLORETS, CALULIFLOWER FLORETS. YOUR CHOICE OF: RANCH , 1000 ISLAND, ITALIAN, RASPBERRY VINEGARETTE DRESSINGS	SALAD BAR WITH: FRESH SALAD, CHERRY TOMATOES, CUCUMBERS, CELERY AND CARROT STICKS. CHOICE OF DRESSING OR YOU CAN TAKE ADVANTAGE OF OUR ALTERNITIVE LUNCH SPECIAL DELI SANDWICH CHOICE OF TURKEY OR HAM SPICY OR PLAIN CHICKEN WRAPS WITH CHOICE OF DRESSING ALL MEALS SERVED WITH CHOICE OF FRESH FRUIT OR FRUIT CUP CHOICE OF MILK

THERE ARE ONLY
3 CHARGES ALLOWED
PER CHILD THIS YEAR

NOTE: MEALS SERVED WITH CHOICE OF MILK
MENU: SUBJECT TO CHANGE DUE TO AVAILABILITY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.