
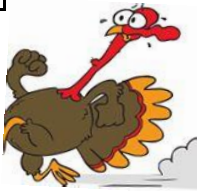

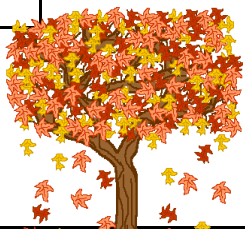
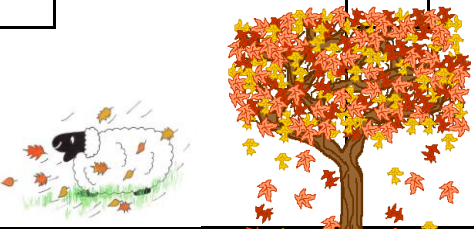

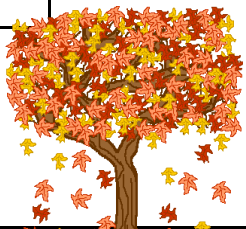


NOVEMBER 2016 CAMP VERDE COWBOYS HIGH SCHOOL

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
7	COLD CEREAL OR STRAWBERRY CHURRO	8	COLD CEREAL OR CINNAMON ROLL	9	COLD CEREAL OR BLUEBERRY MUFFIN	10	NO SCHOOL 
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK			
SPAGETTI WITH MEAT SAUCE BREAD STICK & GREEN SALAD RANCH DRESSING		HOT DOG BAKED BEANS CHEESE STICK		PIZZA STICKS CARROT STICKS WITH RANCH DIP			
PEAR CUP CHOICE OF MILK		ORANGE SLICES CHOICE OF MILK		FRESH APPLE CHOICE OF MILK			
14	COLD CEREAL OR BLUEBERRY WAFFLE	15	COLD CEREAL OR BISCUIT AND GRAVY	16	COLD CEREAL OR APPLE CINNAMON MUFFIN	17	COLD CEREAL OR POPART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
SOFT TACO WITH GROUND BEEF, LETTUCE, CHEESE CORN		BBQ DRUM STICKS TATER TOTS		CHICKEN NUGGETS GREEN BEANS WHEAT ROLL		PEPPERONI PIZZA FRESH GARDEN SALAD WITH RANCH DRESSING	
FRESH APPLE CHOICE OF MILK		ORANGE WEDGES CHOICE OF MILK		PEARS CUP CHOICE OF MILK		FRESH APPLE CHOICE OF MILK	
21	COLD CEREAL OR BAGEL WITH CREAM CHEESE	22	COLD CEREAL OR CEREAL BAR	23	NO 	24	SCHOOL 
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK					
CHICKEN POPPERS WITH BBQ SAUCE FRENCH FRIES		SLICED HAM MASH POTATOES WHEAT ROLL					
MIXED FRUIT CUP CHOICE OF MILK		DELIOUS APPLE CHOICE OF MILK					
28	COLD CEREAL OR HOT CHERRY FRUDEL	29	COLD CEREAL OR EGG CHEESE BISCUIT	30	COLD CEREAL OR BANANNA MUFFIN	DEC. 1	COLD CEREAL OR POPART OR CEREAL BAR
JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK		JUICE, FRESH FRUIT, MILK	
NACHOS WITH CHEESE SAUCE RANCH BEANS		MEAT LOAF GREEN BEANS WHEAT ROLL		CHICKEN SANDWICH TATER TOTS		CHEESE PIZZA GARDEN SALAD WITH RANCH DRESSING	
DELIOUS APPLE CHOICE OF MILK		APPLE SAUCE CUP CHOICE OF MILK		JELLO CUP CHOICE OF MILK		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

