

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

OCTOBER 2016 CAMP VERDE COWBOYS HIGH SCHOOL



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | |
|---|--|--|--|---|--|--|---|
| 8 | COLD CEREAL OR BAGEL WITH CREAM CHEESE JUICE, FRESH FRUIT, MILK | 9 | COLD CEREAL OR APPLE FRUDEL JUICE, FRESH FRUIT, MILK | 10 | COLD CEREAL OR BLUEBERRY MUFFIN JUICE, FRESH FRUIT, MILK | 11 | COLD CEREAL OR POPART OR CEREAL BAR 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 JUICE, FRESH FRUIT, MILK | 16 | COLD CEREAL OR BISCUIT AND GRAVY OR GRAB AND GO EGG AND CHEESE SANDWICH JUICE, FRESH FRUIT, MILK | 17 | COLD CEREAL OR PANCAKE ROLLUP JUICE, FRESH FRUIT, MILK | 18 | COLD CEREAL OR POPART OR CEREAL BAR 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 CEREAL OR STRAWBERRY CHURRO JUICE, FRESH FRUIT, MILK | 23 | COLD CEREAL OR HOT FRESH CINNAMON ROLL JUICE, FRESH FRUIT, MILK | 24 | COLD CEREAL OR W/G CHOCOLATE MUFFIN JUICE, FRESH FRUIT, MILK | 25 | COLD CEREAL OR POPART OR CEREAL BAR 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 JUICE, FRESH FRUIT, MILK | 30 | COLD CEREAL OR STRAWBERRY PANCAKE WITH SYRUP JUICE, FRESH FRUIT, MILK | 31 | COLD CEREAL OR VANILLA YOGURT WITH GRAHAM CRACKERS JUICE, FRESH FRUIT, MILK | SEPT. 1 | COLD CEREAL OR POPART OR CEREAL BAR JUICE, FRESH FRUIT, MILK |
| MEATLOAF GREEN BEANS WHOLE WHEAT ROLL PEAR CUP CHOICE OF MILK | | CHICKEN SANDWICH WITH SHREDDED LETTUCE TATER TOTS FRUIT COCKTAIL 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 : | | |
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| 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, BROCCOLI 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.