

# SEPTEMBER 2018

## Camden Central School

### A La Carte

#### MONDAY

Labor Day  
No School

3

#### TUESDAY

PreK-12  
Superintendents Day  
No School

4

#### WEDNESDAY

PreK-12  
Superintendents Day  
No School

5

#### THURSDAY

Hot Dog on a Bun  
Tator Tots  
Boston Baked Beans  
Apple/Fruit Cup

6

#### FRIDAY

Toasted Cheese  
Tomato Soup  
Fresh Veggie Cup  
Assorted Fruit

7

Sampler Lunch  
Chicken Strip/Mozz Stick

10

Marinara Sauce/Dip  
Green Beans/WG Roll  
Fruit Cup/Orange

Hard Or Soft Tacos/Cheese

11

Romaine Lettuce/Tomatoes  
Rice/Salsa, Corn  
Melon Cubes/Fruit Cup

Cheese OR Garlic Pizza

12

Carrot Cup/Dip  
Assorted Fruit Cup

BBQ Chicken on a Bun

13

French Fries  
Baked Beans  
Fruit Cup

Deli Style  
Turkey or Egg Salad

14

Romaine Lettuce, Tomato  
Sweet Potato Tots  
Fruit Cup

French Toast Sticks

17

Breakfast Sausage  
Hash Brown  
Asst. Fruit Cup /Veggie Juice

Chicken Fajita  
With WG Tortilla/Cheese

18

Lettuce, Tomato, Salsa  
Refried Beans, Broccoli  
Grapes/Fruit Cup

Cheese OR Garlic Pizza

19

Carrot Cup/Dip  
Assorted Fruit Cup

Homemade Spaghetti  
with Meat Sauce

20

Green Beans  
WG Roll & Butter  
Orange/Fruit Cup

Fish Fillet on a Roll

21

French Fries  
Coleslaw  
Assorted Fruit Cups

Specialty Burger on a Bun

24

Lettuce/Tomato/Cheese  
Corn  
Assorted Fruit

Chicken Nuggets /Roll

25

Rice  
Green Beans  
Fruit Cup

Cheese OR Garlic Pizza

26

Carrot Cup/Dip  
Assorted Fruit Cup

Meatball Sub with Sauce

27

Broccoli (steamed)  
Apple/Fruit Cup

Grilled Chicken Wrap

28

Peppers, Onions, Cheese  
Carrots (steamed)/Salsa  
Applesauce/Fruit Cup

K-4  
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  
Hamburger

SERVED DAILY  
Assorted Fruit Cup  
Fresh Fruit

CHOICE OF MILK  
1% White, Fat Free-White, Fat  
Free-Chocolate, or Fat Free  
Strawberry

### School News

Sept. 3<sup>rd</sup> Labor Day—No  
School

Sept 4<sup>th</sup> & 5<sup>th</sup>  
Superintendent's Day—No  
School

\*Menu subject to change

## DID YOU KNOW...

The name September comes from the Latin septem, meaning seven, since it was the seventh month of the Roman calendar, which began with March. There are 30 days in the month of September, which starts on the same day of the week as December each year but does not end on the same day of the week as any other month in the year.