

# JANUARY 2020

## Camden Central School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

In the Southern Hemisphere, January is a summer month the equivalent of July.

Chicken Nuggets /Roll **6**

Baked Beans

Corn

Apple/Fruit Cup

Spaghetti & Meatballs **7**

Green Beans

WG Roll & Butter

Orange/Fruit Cup

Cheese OR Garlic Pizza **8**

Carrot Cup/Dip

Assorted Fruit Cup

BBQ Chicken/Roll **9**

Romaine Salad with Veggies

Broccoli (steamed)

Asst Fruit Cup/Banana

French Toast Sticks **10**

Breakfast Sausage

Carrot Sticks

Asst.Fruit Cup/Veg Juice

Mini Cheeseburger Sliders **13**

French Fries

Green Beans

Assorted Fruit

Chicken Patty on a Bun **14**

Peas

Romaine Lettuce/Tomato

Assorted Fruit/Strawberries

Cheese OR Garlic Pizza **15**

Carrot Cup/Dip

Assorted Fruit Cup

Meatball Tunnel **16**

Broccoli (steamed)

Tomato/Cucumber Salad

Apple/Fruit Cup

Deli Style Turkey or Tuna Salad **17**

Romaine Lettuce, Tomato

Sweet Potato Tots

Fruit Cup

**20**

Martin Luther King Day

No School

BBQ Pulled Pork on Bun **21**

Corn

Coleslaw

Fruit Cup/Apple

Cheese OR Garlic Pizza OR Chicken Wing Pizza **22**

Carrot Cup/Dip

Assorted Fruit Cup

Chicken and Biscuits **23**

Peas (steamed)

Asst. Fruit Cup/Melon Cubes

Macaroni and Cheese **24**

Broccoli (steamed)

Whole Grain Roll

Assorted Fruit

Hot Dog on a Bun **27**

Carrots (Steamed)

Tator Tots

Fruit Cup

Taco Tuesday **28**

Romaine Lettuce/Tomatoes

Salsa, Green Beans

Apple/Fruit Cup

Cheese OR Garlic Pizza **29**

Carrot Cup/Dip

Assorted Fruit Cup

BBQ Rib on a Roll **30**

Baked Beans

Squash

Fruit Cup/Mixed Berries

Toasted Cheese **31**

French Fries

Fresh Broccoli Cup/Dip

Assorted Fruit Cups

### A La Carte

K-8

6oz Yogurt with String Cheese and Roll  
PB&J Sandwich on Whole Grain Bread  
9-12

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

### School News

Martin Luther King Day—  
January 20, 2020-No School

Jan 21<sup>st</sup>-24<sup>th</sup> High School  
Regents

2<sup>nd</sup> Meal Prices K- 4 5-12

Breakfast	\$1.00	\$1.00
Lunch	\$1.90	\$2.15

\*Menu subject to change

**HARVEST OF THE  
MONTH  
WINTER SQUASH**