



Breakfast Prices:

Student: \$1.65
 Reduced: \$0.00
 Adult: \$2.00
 Milk: \$0.60

Start your day off right with breakfast at the Breakfast Café! Breakfast improves concentration, increases energy, improves academic performance and helps maintain weight. This café features a variety of great menu items for you at a great price.

Available Daily: Assorted whole grain cereals, oatmeal, bagel & cream cheese, assorted hot breakfast sandwiches (on bagels or muffins). Fruit & milk or juice are included with breakfast.



MON: French Toast Sticks
 TUES: Fruit & Yogurt Smoothies
 WED: Waffle & Sausage or Pancake & Sausage
 THUR: Fruit & Yogurt Smoothies
 FRI: Breakfast Burrito & French Toast Sticks

Breakfast Available Daily!

Brightly colored fruits and vegetables are great sources of anti-oxidants! Make half your plate fruits & veggies! Choose whole grains & lean protein options for a balanced plate!



SNACKS

- | | |
|--------------------------|----------------------|
| Fresh Fruit | Bottled Water |
| Otis Fresh Baked Cookies | Snapple 100% Juice |
| Baked Chips | Vita Water |
| 4 oz Juice | Izze Sparkling Juice |
| 8 oz Milk—Choc & White | |

Note: These do not come with a meal. They are priced separately.

WELLNESS FACT:

Taking a walk outside is a great way to reduce stress. Pay attention to the sights and sounds of the great outdoors!



Camas High School Menu May 2012

Pay online accounts for food purchases can be set up at www.mymealtime.com

Follow the instructions on the screen. Once an account is established, you can view the items purchased and make deposits on the account. If you have comments, questions or would like restrictions placed on a la carte purchases, please call Nutrition Services at 833-5768.

FRESH PICK OF THE MONTH: Peaches



Peaches are the third most popular fruit grown in America. They are actually a member of the rose family and are related to nectarines, cherries, plums and loquats. The flesh of a peach can vary from white, to yellow, to light red! While there are hundreds of different varieties of peaches sold commercially, there are only two categories of peaches, that being clingstones and freestones. The clingstone peach has a firm flesh that clings to the pit and must be separated with the use of a knife, while the freestone peach has a juicy, much softer flesh that can be easily separated from the pit by human hands.



NUTRITIONAL ANALYSIS

We use a nutrient analysis program to analyze our menus to ensure we are meeting or exceeding the USDA daily nutrient targets.

Calories	846	Calcium (mg)	400
Protein (g)	16.7	Iron (mg)	3.4
Fat	≤30%	Vit C (mg)	19.2
Saturated Fat	≤10%	Vit A (RE)	300

USDA Daily Targets for High School Lunch

Welcome to Cross Roads Café located in your High School's Cafeteria. Each format offers a wide variety of choices. A \$2.90 meal includes: one entrée, one or more sides and low-fat milk. Side choices include a wide variety of fruits and vegetables to provide a nutritionally balanced meal. Limited time offers and specials will be available throughout the year!!

FAVORITES

MON: Lasagna
 TUES: Teriyaki Dippers & Rice
 WED: Zesty Burrito, Pulled Pork Sandwich,
 THUR: Chicken Cordon Bleu.
 FRI: Cha Cha Enchiladas
 GRAB & GO: Crisp Chef Salad or Chicken Caesar Salad are available daily. Check out the Weekly Specialty Salad!

DELI

Made-to-Order Sandwiches or Wraps!! Choose a freshly baked seasoned wheat hoagie roll, wheat tortilla or hearty bagel. Top with meat, cheese, veggies and enjoy!

Available Daily: Ham, Turkey, American, Veggie
 Weekly Specials Include: Italian, Roast Beef, Tuna, Pizza

GRILL

If it's on a bun, you can be sure to find it on our grill. Have one taste and get hooked on our freshly cooked and wrapped Multi-Grain bun items.

Available Daily: Garden Burgers, Chicken Sandwich, Grilled Cheese-burger.
 Daily Specials Include: Rib-B-Q, Chicken Cordon Bleu, Fish Sandwich, Low-fat, Whole-Grain Turkey Corn Dog

PIZZA

Enjoy our fantastic low-fat pizza from our Pizza Café. We make and bake our pizzas fresh every day!

MON: Cheese, Pepperoni or Hawaiian
 TUES: Cheese, Supreme or Pepperoni
 WED: Specialty, Pepperoni or Cheese
 THUR: Cheese, Supreme or Pepperoni
 FRI: Cheese, Pepperoni or Hawaiian

Watch for specials such as Garlic Chicken, BBQ Chicken, Taco, etc.



MARKET

HEALTHY BITE *Check counter sign for pricing*
 Made-to-Order entrée salads and wraps!
 Chicken Caesar is available daily. Wrap & Salad specials include: Asian, Waikiki, Golden Chicken, etc. Try the spinach flavored tortilla for something new!! Half wraps available. Grab and Go Salad Special available for \$2.90!

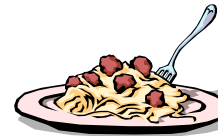


Lunch Prices:

Student: \$2.90
 Reduced: \$0.40
 Adult: \$3.15
 Milk: \$0.60

LUNCH CHOICES

CREATIONS



CART CREATIONS offers 4 different bars that rotate weekly!!

PASTA PRONTO: Choose from an assortment of hearty sauces, meats and veggies to top your fabulous pasta bowl—Pasta Primavera, Alfredo, Thai Chicken, Nacho Pasta, Italian Pasta and more! *Check counter sign for pricing*

SALSA BAR: Come check out the Made-to-Order Salsa Bar. Fresh ingredients your way. Try taco salads, burritos or nachos and add some spice into your life! *Check counter sign for pricing*

CHOPSTICKS: Rice & Yakisoba Noodle Bowls!! Chicken or Veggie. Choose your favorite sauce: Teriyaki, Sweet & Sour, Thai Peanut. Egg Rolls also available. *Check counter sign for pricing*

POTATO BAR: Top your steaming baked potato with a variety of toppings—from cheese to mushrooms, chili to sour cream. A satisfying meal any day! *Check counter sign for pricing*



Try our **TOASTED SUBS!** Made with crusty, deli-style hoagies and topped and toasted in the impinger oven. *Check counter sign for pricing*

Available Daily: Turkey & Cheese, Ham & Cheese
 Daily Specials Include: French Dip, Italian, Chicken Bacon and BBQ Chicken



PERSONAL PAN PIZZAS & HEARTY CALZONES can be found at this station. *Check counter sign for pricing*

Available Daily: Cheese and Pepperoni
 Daily Specials include: Chicken, Supreme, Hawaiian.
 Watch for Ham & Cheese Pockets!

Note: If you qualify for free or reduced meals, all of the meals in the American Grill and the Made-to-Order Deli qualify as free or reduced meals. We have three retail areas: Healthy Bite, Pizza Cucina & the New Commons. Prices at these locations range from \$2.90-\$3.35. If the entrée chosen is priced at \$2.90, it is available at free or reduced pricing and comes with a fruit and/or milk. Any other price is an a la carte purchase and would require payment.