

# FALL

## Hamilton Local Schools Grades 7-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#1	Cereal Bar Cheese Stick Fruit Juice Milk	Blueberry Muffin Juice Fruit Milk	Granola Mix Yogurt Juice Fruit Milk	Ultimate Breakfast Round Juice Fruit Milk	Dunkin Stick Fruit Juice Milk
#2	Cinnamon Goldfish Cheese Stick Juice Fruit Milk	Chocolate Chip Muffin Juice Fruit Milk	Chex Mix Yogurt Juice Fruit Milk	Super Donut Juice Fruit Milk	Mini Cinnis Juice Fruit Milk
#3	Cereal on the Go Cheese Stick Juice Fruit Milk	Zucchini Bread Juice Fruit Milk	Cinnamon Crisps Yogurt Juice Fruit Milk	Cocoa Cherry Bar Juice Fruit Milk	Mini Donuts Juice Fruit Milk
#4	Oatmeal Bar Juice Fruit Milk	Apple Cinnamon Loaf Cheese Stick Juice Fruit Milk	Granola Bites Yogurt Juice Fruit Milk	Mini Bagels w/ Cream Cheese Juice Fruit Milk	Pancakes Juice Fruit Milk
#5	Nutri Grain Bar Cheese Stick Juice Fruit Milk	Banana Muffin Juice Fruit Milk	Cherry Apple Crunch Bar Juice Fruit Milk	Goldfish Crackers Yogurt Juice Fruit Milk	Iced Cinnamon Bar Cheese Stick Juice Fruit Milk

### News

**Breakfast is offered at no cost.**

**Breakfast consist of 3 components.**

**A food component is one of the three food groups that comprise a reimbursable breakfast. These are grains (with optional meat/meat alternate allowed); fruit/vegetable; and milk.**

**A food item is a specific food offered within the three food components.**

**Students must take at least 3 items 1 must be a fruit or juice**

**Menu is subject to change.**