



# MARCH | 2019

## Hamilton Township High School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25	26	27	28	1 Grilled Cheese Tomato Soup w/ Crackers Celery Sticks w/ Hummus Fruit Milk
4 Chicken Nuggets Corn Bread Steamed Carrots Fruit Milk	5 Cheeseburger on a Bun Lettuce & Tomato Baked Beans Fruit Milk	6 Macaroni & Cheese Soft Pretzel Steamed Broccoli Carrot Sticks Fruit Milk	7 Pizza Tossed Salad Cucumber Slices Cookie Fruit Milk	8 Fish Sandwich Waffle Fries Coleslaw Fruit Milk
11 Chicken Rings Hot Roll Steamed Broccoli Celery Sticks Fruit Milk	12 Rotini Garlic Bread Steamed Corn Cauliflower w/ Ranch Fruit Milk	13 Taco Salad Baked Chips Salsa Cup Cake Fruit Milk	14 Chicken Sandwich Baked Beans Mini Tomatoes Fruit Milk	15 No School
18 Chicken Tenders Bread Stick Sweet Potato Fries Mini Tomatoes Fruit Milk	19 Philly Cheese Steak Sub Green Beans Green Bell Peppers Fruit Milk	20 Turkey & Gravy Hot Roll Mashed Potatoes Carrot Sticks Cookie Fruit Milk	21 Cheeseburger on a Bun Lettuce & Tomato Baked Beans Fruit Milk	22 Pizza Broccoli w/ Cheese Cucumber Slices Fruit Milk
25 Orange Chicken Rice Steamed Carrots Green Bell Peppers Fruit Milk	26 Sloppy Jo Emoticon Potatoes Celery Sticks w/ Peanut Butter Fruit Milk	27 Pizza Baked Chips Romaine Spinach Salad Cucumber Slices Fruit Milk	28 Turkey Ham & Cheese Calzone Baked Beans Carrot Sticks Fruit Milk	29 Bosco Sticks Marinara Sauce California Blend Fruit Snacks Fruit Milk

### Tip of the Day

Regular physical activity can produce long-term health benefits. People of all ages, shapes, sizes, and abilities can benefit from being physically active. The more physical activity you do, the greater the health benefits.

*Menu is subject to change.*