



MARCH | 2019

Hamilton Local Schools K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25	26	27	28	1 Grilled Cheese Tomato Soup Celery Sticks Fruit Milk
4 Chicken Nuggets Corn Bread Steamed Carrots Fruit Milk	5 Hamburger 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 Fruit Milk	8 Fish Sticks Waffle Fries Coleslaw Fruit Milk
11 Chicken Rings Hot Roll Steamed Broccoli Celery Sticks Fruit Milk	12 Rotini Garlic Bread Cauliflower w/ Ranch Fruit Milk	13 Taco Salad Baked Chips Salsa Cup Cake Fruit Milk	14 Chicken Sandwich Baked Beans Mini Tomatoes Fruit Milk Elementary- Green Eggs & Ham	15 No School
18 Chicken Tenders Sweet Potato Fries Mini Tomatoes Fruit Milk	19 Pancakes Sausage Links Hash Browns Green Bell Peppers Fruit Milk	20 Turkey & Gravy Hot Roll Mashed Potatoes Carrot Sticks Fruit Milk	21 Hamburger on a Bun Lettuce & Tomato Baked Beans Fruit Milk	22 Pizza Broccoli w/ Cheese Cucumber Slices Fruit Milk
25 Chicken Popcorn Rice Steamed Carrots Celery Sticks Fruit Milk	26 Sloppy Jo Emoticon Potatoes Green Bell Peppers Fruit Milk	27 Pizza 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.