



WINTER 2021-2022

Hamilton Local Schools Breakfast 7-12



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>#1</p> <p>Triple Berry Crunch Bar Juice Fruit Milk</p>	<p>Dunkin Donut Cheese Stick Raisins Fruit Milk</p>	<p>Yogurt Cinnamon Crisps Juice Fruit Milk</p>	<p>Banana Chocolate Chunk Bar Juice Fruit Milk</p>	<p>Pop Tarts Juice Fruit Milk</p>	<p><u>News</u></p> <p>Breakfast is offered at no cost.</p> <p>Breakfast consist of 3 components.</p> <p>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.</p> <p>Students may decline one food item.</p> <p>A food item is a specific food offered within the three food components.</p> <p>Students must take at least 3 items 1 must be a fruit or juice.</p> <p>Menu is subject to change.</p>
<p>#2</p> <p>Chech Mix Cheese Stick Juice Fruit Milk</p>	<p>Ultimate Breakfast Bar Juice Fruit Milk</p>	<p>Blueberry Muffin Cheese Stick Juice Fruit Milk</p>	<p>Cinnamon Crumb Cakes Juice Fruit Milk</p>	<p>Yogurt Chocolate Elf Grahams Juice Fruit Milk</p>	
<p>#3</p> <p>Crunch Mania Juice Fruit Milk</p>	<p>Banana Bread Juice Fruit Milk</p>	<p>Vanilla Chat Grahams Cheese Stick Juice Fruit Milk</p>	<p>Cherry or Apple Frudel Juice Fruit Milk</p>	<p>Yogurt Granola Bites Juice Fruit Milk</p>	
<p>#4</p> <p>Cookies n' Cream Granola Bar Goldfish Crackers Juice Fruit Milk</p>	<p>Apple Cinnamon Muffin Graham Crackers Juice Fruit Milk</p>	<p>Yogurt Granola Juice Fruit Milk</p>	<p>W/G Super Donut Juice Fruit Milk</p>	<p>Cocoa Cherry Bar Cheese Stick Juice Fruit Milk</p>	
<p>#5</p> <p>Yogurt Cheez- its Juice Fruit Milk</p>	<p>Chocolate Chip Oatmeal Bar Munchies Snack Mix Juice Fruit Milk</p>	<p>Annie's Honey Bunny Graham Crackers Cheese Stick Juice Fruit Milk</p>	<p>Mini Donuts Juice Fruit Milk</p>	<p>Cereal Bar Cheddar Cheese Stick Juice Fruit Milk</p>	