

# AUGUST | 2022

## Hamilton Local Schools 9-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	2	3	4	5
8	9	10	11	12
15	16	17 Pizza Steamed Corn Celery w/Peanut Butter Fruit Milk	18 Cheeseburger/ Bun Lettuce & Tomato Green Beans Cookie Fruit Milk	19 Taco Salad Tortilla Chips Refried Beans Fruit Milk
22 French Bread Pizza Steamed Corn Tossed Salad Fruit Milk	23 Chicken Nuggets Hot Roll Baked Beans Baby Carrots Fruit Milk	24 Macaroni & Cheese Soft Pretzel Steamed Broccoli Celery W/ Peanut Butter Fruit Milk	25 Ham & Cheese Calzone Tater Tots Cucumber Slices Fruit Milk	26 Pepperoni & Cheese Bread Marinara Sauce Tossed Salad Cookie Fruit Milk
29 Pizza Mixed Vegetables Baby Carrots Fruit Milk	30 Chicken Tenders Corn Bread Green Beans Cauliflower Bites Fruit Milk	31 Coney Dog Baked Beans Carrot Sticks Fruit Milk	1	2

Welcome to your  
2022-2023 School  
Year!

Breakfast is offered daily  
at no cost.

A complete lunch  
consists of FIVE food  
components  
Grains (part of entrée)  
Protein (part of entrée)  
Vegetable  
Fruit  
Milk

Students must take  
Three of the Five food  
components and One  
must be a fruit or  
vegetable.

Menu is Subject to  
change.