



# JANUARY | 2023

## Hamilton Local Schools Grades 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 Cheese Pizza Green Beans Sun Chips Fruit Milk	5 Chicken Tenders Waffles Steamed Corn Fruit Milk	6 Mini Corn Dogs French Fries Fruit Milk
9 Pizza Steamed Corn Cookie Baby Carrots Fruit Milk	10 Chicken Nuggets Hot Roll Baked Beans Celery Sticks Fruit Milk	11 Macaroni and Cheese Soft Pretzel Green Beans Cauliflower Bites Fruit Milk	12 Ham and Cheese Calzone Tater Tots Cucumber Slices Fruit Milk	13 Cheese Bread Marinara Sauce Tossed Salad Fruit Milk
16 No School	17 Round Pizza Steamed Broccoli Mini Tomatoes Fruit Milk	18 Hamburgers Waffle Fries Baby Carrots Fruit Milk	19 Bosco Sticks Marinara Sauce Steamed Corn Fruit Milk	20 Taco Salad Tortilla Chips Refried Beans Cucumber Slices Fruit Milk
23 Pizza Green Beans Sun Chips Fruit Milk	24 Chicken Nuggets Corn Bread Steamed Corn Celery Sticks Fruit Milk	25 Hot Dogs Baked Beans Cookie Baby Carrots Fruit Milk	26 Chicken Patti Sandwich Lettuce & Tomato Mixed Vegetables Fruit Milk	27 Rotini Bread Stick Romaine & Spinach Salad Mini Tomatoes Fruit Milk
30 French Bread Pizza Steamed Carrots Cucumber Slices Fruit Milk	31 BBQ Rib Sandwich French Fries Celery Sticks Fruit Milk	1	2	3

**Daily Entrees**  
**PB &J Sandwiches**  
**Specialty Salads**

**Additional entrees**  
**selections are available**  
**daily.**

**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.**

**Students may take two**  
**fruits and two vegetables.**

**Menu is Subject to**  
**change.**