

# SEPTEMBER | 2022



## Hamilton Local Schools Lunch Menu 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Pizza Mixed Vegetables Baby Carrots Cookie Fruit Milk	<b>30</b> Chicken Tenders Corn Bread Green Beans Cauliflower Bites Fruit Milk	<b>31</b> Coney Dog Baked Beans Baby Carrots Fruit Milk	<b>1</b> Chicken Patty Sandwich Lettuce & Tomato Steamed Peas Fruit Milk	<b>2</b> Rotini Bread Stick Romaine & Spinach Salad Mini Tomatoes Fruit Milk
<b>5</b> No School	<b>6</b> Bosco Sticks Marinara Sauce Green Beans Fruit Milk	<b>7</b> Cheeseburger / Bun French Fries Veggie Juice Fruit Milk	<b>8</b> Chicken Popcorn Rice Steamed Peas Baby Carrots Fruit Milk	<b>9</b> Quesadilla Refried Beans Chips & Salsa Fruit Milk
<b>12</b> Cheese Pizza Romaine & Spinach Salad Green Pepper Strips Cookie Fruit Milk	<b>13</b> Chicken Tenders Waffles Steamed Corn Baby Carrots Fruit Milk	<b>14</b> Mini Corn Dogs Sweet Potato Fries Cauliflower Bites Fruit Milk	<b>15</b> Chicken Patty Sandwich Mixed Vegetables Celery Sticks w/ PB Fruit Milk	<b>16</b> Soft Taco Meat, Lettuce & Cheese Black Beans Fruit Milk
<b>19</b> French Bread Pizza Sun Chips Green Beans Baby Carrots Fruit Milk	<b>20</b> Chicken Nuggets Hot Roll French Fries Coleslaw Fruit Milk	<b>21</b> BBQ Beef Rib Sandwich Baked Beans Baby Carrots Fruit Milk	<b>22</b> Macaroni & Cheese Soft Pretzel Steamed Broccoli Mini Tomatoes Carnival Cookie Fruit Milk	<b>23</b> Pepperoni Pizza Calzone Steamed Corn Tossed Salad Fruit Milk
<b>26</b> Turkey Sausage Links Pancakes Tater Tots Baby Carrots Fruit Milk	<b>27</b> Chicken Tenders Corn Bread Green Beans Cucumber Slices Fruit Milk	<b>28</b> Cheesy Bread Sticks Marinara Sauce Steamed Broccoli Mini Tomatoes Cookie Fruit Milk	<b>29</b> Tangerine Chicken Rice Steamed Peas Baby Carrots Fruit Milk	<b>30</b> Taco Salad Tortilla Chips Refried Beans Fruit Milk

**Daily Entrées**  
 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.