



# MARCH | 2023

## Hamilton Local Schools Grade 9-12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	1 Tangerine Chicken Rice Peas Fruit (2) Milk	2 Chicken Sandwich Steamed Carrots Cucumbers Fruit (2) Milk	3 Cheese Quesadilla Refried Beans Mini Tomatoes Fruit (2) Milk
6 Taco Salad Refried Beans Mini tomatoes Tortilla Chips Fruit (2) Milk	7 Popcorn Chicken Hot Roll Steamed Corn Celery Sticks Fruit (2) Milk	8 Deli sandwich Sweet Potato Fries Dill Pickles Fruit (2) Milk	9 Rotini Garlic Toast Garden Salad Sliced Cucumbers Fruit (2) Milk	10 Bosco Sticks Marinara Green Beans Fruit (2) Milk
13 French Bread Pizza Romaine & Spinach Salad Sliced Cucumbers Sun Chips Fruit (2) Milk	14 Chicken Sandwich Green Beans Celery Sticks Fruit (2) Milk	15 Hot Dog/Coney Sauce Baked Beans Carrot Sticks Fruit (2) Milk	16 Hamburger Sandwich French Fries Pickles Fruit (2) Milk	17 Grilled Cheese Tomato Soup Cauliflower Bites Cookie Fruit (2) Milk
20 Pizza Steamed Corn Baby Carrots Fruit (2) Milk	21 Chicken Tenders Corn Bread Steamed Broccoli Sliced Cucumbers Fruit (2) Milk	22 Macaroni & Cheese Soft Pretzel Green Beans Cauliflower Bites Fruit (2) Milk	23 Chicken Sandwich Lettuce & Tomato Steamed Carrots Fruit (2) Milk	24 Fish Sandwich French Fries Coleslaw Fruit (2) Milk
27 Round Pizza Green Beans Baby carrots Sun Chips Fruit (2) Milk	28 Chicken Nuggets Steamed Carrots Celery Sticks Cookie Fruit (2) Milk	29 Colby Cheese Omelet Pancakes Hash Browns Fruit (2) Milk	30 Taco Salad Refried Beans Mini Tomatoes Tortilla Chips Fruit 2 Milk	31 Bosco Sticks Marinara Mixed Vegetables Sliced Cucumbers Fruit (2) Milk

### News

**Breakfast is offered Daily at no cost.**

**A complete lunch consists of Five food Components**

**Grains (part of entree)**  
**Protein (part of entrée)**  
**Vegetable, Fruit and Milk**

**Students must take Three of the Five food**

**Components and One Must be a Fruit or Vegetable**

**Additional entrees Selections are available Daily.**

**Daily Entrees**  
**PB&J SANDWICHES**  
**SPECIALTY SALADS**

**Menu is Subject to change**