

# FALL

## Hamilton Local Schools Breakfast Menu 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#1	Mini Bagel w/ Cream Cheese Fruit Juice Milk	Blueberry Muffin Cheese Stick Juice Fruit Milk	Cookies & Cream Granola Bar Yogurt Juice Fruit Milk	Ultimate Breakfast Round Juice Fruit Milk	Dunkin Stick Fruit Juice Milk
#2	Cinnamon Goldfish Cheese Stick Juice Fruit Milk	Chocolate Chip Muffin Juice Fruit Milk	Cinnamon Crisps Crackers Yogurt Juice Fruit Milk	Super Donut Juice Fruit Milk	Banana Chocolate Chunk Bar Juice Fruit Milk
#3	Cereal Bar Cheese Stick Juice Fruit Milk	Zucchini Bread Juice Fruit Milk	Scooby Doo Snacks Yogurt Juice Fruit Milk	Cocoa Cherry Bar Juice Fruit Milk	Iced Cinnamon Bar Cheddar Cheese Stick Juice Fruit
#4	Oatmeal Bar Bug Bites Juice Fruit Milk	Apple Cinnamon Muffin Cheese Stick Juice Fruit Milk	Granola Bites Yogurt Juice Fruit Milk	Cinnamon Buns Juice Fruit Milk	Pop Tart Juice Fruit Milk
#5	Nutri Grain Bar Cheese Stick Juice Fruit Milk	Banana Muffin Juice Fruit Milk	Cherry Apple Crunch Bar Juice Fruit Milk	Goldfish Crackers Yogurt Juice Fruit Milk	Mini Donuts Juice Fruit Milk

### **News**

**Breakfast is offered at no cost.**

**Breakfast consist of 3 components.**

**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.**

**A food item is a specific food offered within the three food components.**

**Students must take at least 3 items 1 must be a fruit or juice**

**Menu is subject to change.**