

SEPTEMBER | 2022



Hamilton Local Schools Lunch Menu K-8

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

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.