



# MARCH | 2025

## Hamilton Local Schools Grades K-8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Bosco Sticks Marinara Steamed Broccoli Fruit Milk	<b>4</b> Popcorn Chicken Hot Roll Steamed Corn Celery Sticks Fruit Milk	<b>5</b> Macaroni & Cheese Soft Pretzel Green Beans Cauliflower Bites Fruit Milk	<b>6</b> Rotini Garlic Bread Mixed Salad and Spinach Cucumber Slices Fruit Milk	<b>7</b> Cheese Quesadilla Refried Beans Mini Tomatoes Fruit Milk
<b>10</b> No School	<b>11</b> Chicken Sandwich Green Beans Celery Sticks Fruit Milk	<b>12</b> Hot Dog / Bun Baked Beans Carrot Sticks Fruit Milk	<b>13</b> Hamburger / Bun Tater Tots Pickles Fruit Pudding Cup Milk	<b>14</b> Grilled Cheese Sandwich Tomato Soup Sweet Pickles Fruit Milk
<b>17</b> Pizza Steamed Corn Baby Carrots Fruit Rice Krispie Treats Milk	<b>18</b> Chicken Nuggets Corn Bread Steamed Broccoli Cucumbers Fruit Milk	<b>19</b> Salisbury Steak Hot Roll Mashed Potatoes Fruit Milk	<b>20</b> Chicken Sandwich Lettuce & Tomato Steamed Carrots Fruit Milk	<b>21</b> Fish Sticks Hot Roll Tater Tots Coleslaw Fruit Milk
<b>24</b> NO SCHOOL	<b>25</b> NO SCHOOL	<b>26</b> NO SCHOOL	<b>27</b> NO SCHOOL	<b>28</b> NO SCHOOL
<b>31</b> Pizza Romaine & Spinach Salad Sliced Cucumbers Fruit Sun Chips Milk	<b>1</b> Chicken Tenders Steamed Carrots Celery Sticks Fruit Cookie Milk	<b>2</b> Colby Cheese Omelet Pancakes Hash Browns Green Peppers Fruit Milk	<b>3</b>	<b>4</b>

### News

**Breakfast and Lunch  
Daily at No Cost**

**A Complete Lunch  
Consist of Five Foods  
Components  
Grains (part of Entrée)  
Protein (part of Entrée)  
Vegetable, Fruit and  
Milk**

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

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

**This Institution is an  
Equal Opportunity  
Provider**



# MARCH | 2025

## Escuelas Locales de Hamilton Grados K-8

Spanish

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Palos Bosco Marinara Brócoli al vapor Fruta Leche	<b>4</b> Pollo con palomitas de maíz Rollo caliente Maíz al vapor Palitos de apio Fruta Leche	<b>5</b> Macarrones con queso Pretzel suave Judías verdes Picaduras de coliflor Fruta Leche	<b>6</b> Rotini Pan de ajo Ensalada mixta y espinacas Rodajas de pepino Fruta Leche	<b>7</b> Quesadilla de queso Frijoles refritos Mini Tomates Fruta Leche
<b>10</b> No Escuela	<b>11</b> Sándwich de pollo Judías verdes Palitos de apio Fruta Leche	<b>12</b> Perrito caliente / Pan Frijoles horneados Palitos de zanahoria Fruta Leche	<b>13</b> Hamburguesa / Pan Tater Tots Pickles Fruta Taza de pudín Leche	<b>14</b> Sándwich de queso a la parrilla Sopa de tomate Pepinillos dulces Fruta Leche
<b>17</b> Pizza Maíz al vapor Zanahorias baby Fruta Golosinas de Rice Krispie Leche	<b>18</b> Nuggets de pollo Pan de maíz Brócoli al vapor Pepinos Fruta Leche	<b>19</b> Filete de Salisbury Rollo caliente Puré de papa Fruta Leche	<b>20</b> Sándwich de pollo Lechuga y tomate Zanahorias al vapor Fruta Leche	<b>21</b> Palitos de pescado Rollo caliente Tater Tots Ensalada de repollo Fruta Leche
<b>24</b> NO ESCUELA	<b>25</b> NO ESCUELA	<b>26</b> NO ESCUELA	<b>27</b> NO ESCUELA	<b>28</b> NO ESCUELA
<b>31</b> Pizza Ensalada de lechuga romana y espinacas Pepinos en rodajas Fruta Chips de sol Leche	<b>1</b> Filetes de pollo Zanahorias al vapor Palitos de apio Fruta Galleta Leche	<b>2</b> Tortilla de queso Colby Panqueques Papas fritas Pimientos verdes Fruta Leche Milk	<b>3</b>	<b>4</b>

### **Noticia**

**Desayuno y almuerzo  
todos los días sin costo**

**Un almuerzo completo**

**consta de cinco**

**alimentos**

**Componentes**

**Granos (parte de**

**Entrée)**

**Proteína (parte del**

**plato principal)**

**Verduras, frutas y leche**

**Los estudiantes deben**

**tomar**

**Tres de los cinco**

**alimentos**

**Componentes y uno**

**debe ser una fruta o**

**verdura**

**Esta Institución es una**

**Institución de Igualdad**

**de Oportunidades**

**Proveedor**



# MARCH | 2025

French

## Écoles locales de Hamilton de la maternelle à la 8e année

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3** Bâtonnets Bosco  
Marinara  
Brocoli cuit à la vapeur  
Fruit  
Lait

**4** Poulet popcorn  
Rouleau chaud  
Maïs cuit à la vapeur  
Bâtonnets de céleri  
Fruit  
Lait

**5** Macaroni au fromage  
Bretzel moelleux  
Haricots verts  
Bouchées de chou-fleur  
Fruit  
Lait

**6** Rotini  
Pain à l'ail  
Salade mixte et épinards  
Tranches de concombre  
Fruit  
Lait

**7** Quesadilla au fromage  
Haricots frits  
Mini tomates  
Fruit  
Lait

**10**  
Non  
École

**11** Sandwich au poulet  
Haricots verts  
Bâtonnets de céleri  
Fruit  
Lait

**12** Hot-dog / Petit pain  
Haricots  
Bâtonnets de carottes  
Fruit  
Lait

**13** Hamburger / Petit pain  
Tater Tots  
Pickles  
Fruit  
Coupe à pudding  
Lait

**14** Sandwich au fromage grillé  
Soupe aux tomates  
Cornichons sucrés  
Fruit  
Lait

**17** Pizza  
Maïs cuit à la vapeur  
Carottes miniatures  
Fruit  
Gâteries Rice Krispie  
Lait

**18** Nuggets de poulet  
Pain de maïs  
Brocoli cuit à la vapeur  
Concombres  
Fruit  
Lait

**19** Bifteck de Salisbury  
Rouleau chaud  
Purée  
Fruit  
Lait

**20** Sandwich au poulet  
Laitue et tomate  
Carottes cuites à la vapeur  
Fruit  
Lait

**21** Bâtonnets de poisson  
Rouleau chaud  
Tater Tots  
Chou  
Fruit  
Lait

**24**  
NON  
ÉCOLE

**25**  
NON  
ÉCOLE

**26**  
NON  
ÉCOLE

**27**  
NON  
ÉCOLE

**28**  
NON  
ÉCOLE

**31** Pizza  
Salade romaine et épinards  
Concombres tranchés  
Fruit  
Chips solaires  
Lait

**1** Filets de poulet  
Carottes cuites à la vapeur  
Bâtonnets de céleri  
Fruit  
Biscuit  
Lait

**2** Omelette au fromage Colby  
Crêpes  
Pommes de terre rissolées  
Poivrons verts  
Fruit  
Lait

**3**

**4**

### **Nouvelles**

**Petit-déjeuner et  
déjeuner gratuits tous  
les jours**

**Un déjeuner complet se  
compose de cinq  
aliments**

**Composants**

**Grains (part of Entrée)**

**Protéines (partie de  
l'entrée)**

**Légumes, fruits et lait**

**Les étudiants doivent  
suivre**

**Trois des cinq aliments**

**composants et l'un doit  
être un fruit ou un  
légume**

**Cette institution est  
une institution d'égalité  
des chances  
Fournisseur**



# MARCH | 2025

Haitian Creole

## Hamilton Lokal Lekòl K-8yèm ane

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> bwat pontye Marinara Vapè bwokoli Donn Lèt	<b>4</b> Pòpkòn poul Woulo cho Vapè mayi Baskètbòl Donn Lèt	<b>5</b> Macaroni - Fwomaj Mou Pretzel Pwa vèt Kavalye Mòde Donn Lèt	<b>6</b> Rotini Pen lay Salad melanje ak epiin Tranch konkonb Donn Lèt	<b>7</b> Cheese Quesadilla Pwa refrijere Mini Tomatoes Donn Lèt
<b>10</b> Non Lekòl	<b>11</b> poul sandwich Pwa vèt Baskètbòl Donn Lèt	<b>12</b> Cho chen / Bun Pwa kwit nan fou Kawòt bwa Donn Lèt	<b>13</b> Hamburger / Bun Tots gou pikliz Donn Pudding Cup Lèt	<b>14</b> Grilled Cheese Sandwich Tomat soup Dous Pickles Donn Lèt
<b>17</b> pitza Vapè mayi Kawòt ti bebe Donn Diri Krispie Trete Lèt	<b>18</b> poul nuggets Mayi mayi Vapè bwokoli konkonm Donn Lèt	<b>19</b> Salisbury pye Woulo cho Mashed Pòmde Donn Lèt	<b>20</b> poul sandwich Leti &apot &amelyore Kawòt vapè Donn Lèt	<b>21</b> Pwason bwa Woulo cho Tots gou Coleslaw Donn Lèt
<b>24</b> NON LEKÒL	<b>25</b> NON LEKÒL	<b>26</b> NON LEKÒL	<b>27</b> NON LEKÒL	<b>28</b> NON LEKÒL
<b>31</b> pitza Romaine & vire Salad Konkonm tranch Donn Solèy Chips Lèt	<b>1</b> grip poul Kawòt vapè Baskètbòl Donn bonbon Lèt	<b>2</b> Colby Cheese Omelet Pankakes Hash mawon Piman vèt Donn Lèt	<b>3</b>	<b>4</b>

### **Nouvèl**

**Dejene ak manje midi  
chak jou nan Pa gen pri**

**Yon manje konplè  
konplè fèt nan senk**

**manje  
elemen**

**Grenn se yon pati nan  
Entrée.**

**Pwoteyin (yon pati nan  
Entrée)**

**legim, fwi ak lèt**

**Elèv yo dwe pran  
Twa nan senk manje yo**

**Konpozisyon ak Youn  
Dwe yon fwi oswa legim**

**Enstitisyon sa a se yon  
Opòtinite egal  
founisè**



# MARCH | 2025

Swahili

## Shule za Mitaa za Hamilton K-8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**3** Vibandiko vya Bosco  
Marinara  
Steamed Broccoli  
Matunda  
Maziwa

**4** Kuku wa Popcorn  
Roll ya Moto  
Mahindi ya Mvuke  
Vibandiko vya Celery  
Matunda  
Maziwa

**5** Macaroni & Cheese  
Pretzel Iaini  
Maharagwe ya kijani  
Cauliflower Bites  
Matunda  
Maziwa

**6** Rotini  
Mkate wa vitunguu  
Mchanganyiko wa Saladi na  
Spinach  
Vipande vya tango  
Matunda  
Maziwa

**7** Cheese Quesadilla  
Maharagwe ya kukaanga  
Nyanya ndogo  
Matunda  
Maziwa

**10**  
La  
Shule

**11** Sandwich ya Kuku  
Maharagwe ya kijani  
Vibandiko vya Celery  
Matunda  
Maziwa

**12** Mbwa wa Moto / Bun  
Maharagwe ya Baked  
Vibandiko vya Carrot  
Matunda  
Maziwa

**13** Hamburger / Bun  
Tater Tots  
Pickles  
Matunda  
Kombe la Kuku  
Maziwa

**14** Grilled Cheese Sandwich  
supu ya nyanya  
Pickles tamu  
Matunda  
Maziwa

**17** Pizza  
Mahindi ya Mvuke  
Karoti ya mtoto  
Matunda  
Matibabu ya Krispie ya Mchele  
Maziwa

**18** Nuggets ya Kuku  
Mkate wa Mahindi  
Steamed Broccoli  
Matango  
Matunda  
Maziwa

**19** Salisbury Steak  
Roll ya Moto  
Viazi vya Mashed  
Matunda  
Maziwa

**20** Sandwich ya Kuku  
Lettuce & Tomato  
Karoti zilizopikwa  
Matunda  
Maziwa

**21** Vijiti vya Samaki  
Roll ya Moto  
Tater Tots  
Sheria ya Coleslaw  
Matunda  
Maziwa

**24**  
LA  
SHULE

**25**  
LA  
SHULE

**26**  
LA  
SHULE

**27**  
LA  
SHULE

**28**  
LA  
SHULE

**31** Pizza  
Saladi ya Romaine & Spinach  
Matango yaliyokatwa  
Matunda  
Chips ya jua  
Maziwa

**1** Zabuni ya Kuku  
Karoti zilizopikwa  
Vibandiko vya Celery  
Matunda  
Kidakuzi  
Maziwa

**2** Colby Cheese Omelet  
Pancakes  
Hash Browns  
Peppers ya kijani  
Matunda  
Maziwa

**3**

**4**

### **Habari**

**Chakula cha mchana na  
chakula cha mchana  
kila siku bila gharama**

**Chakula kamili cha jioni  
kinajumuisha vyakula**

**vitano**

**Vijenzi**

**Nafaka (sehemu ya  
Entrée)**

**Protini (sehemu ya  
Entrée)**

**Mboga, Matunda na  
Maziwa**

**Wanafunzi wanapaswa  
kuchukua**

**Vyakula vitatu kati ya  
vitano**

**Matunda na mboga  
lazima ziwe na matunda  
au mboga**

**Hii taasisi ni fursa sawa  
Mtoaji**