

# OCTOBER | 2022

## Hamilton Local Schools Grades 9-12



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p>Pizza Green Beans Celery Sticks Fruit Milk</p>	<p><b>4</b></p> <p>Chicken Nuggets Baked Beans Coleslaw Fruit Milk</p>	<p><b>5</b></p> <p>Mike's Cheese Bites Marinara Steamed Corn Fruit Milk</p>	<p><b>6</b></p> <p>Grilled Chicken Sandwich Steamed Carrots Lettuce and Tomatoes Fruit Milk</p>	<p><b>7</b></p> <p>Rotini Breadstick Romain &amp; Spinach Salad Fruit Milk</p>	
<p><b>10</b></p> <p>Hamburger/Bun Broccoli &amp; Cheese Cauliflower Bites Fruit Milk</p>	<p><b>11</b></p> <p>Pizza Tossed Salad Cucumber Slices Sun Chips Fruit Milk</p>	<p><b>12</b></p> <p>Chicken Popcorn Rice Steamed Carrots Celery Fruit Milk</p>	<p><b>13</b></p> <p>Deli Sandwich Roasted Potatoes Baby Carrots Fruit Milk</p>	<p><b>14</b></p> <p>Quesadilla Refried Beans Salsa Fruit Milk</p>	
<p><b>17</b></p> <p>Mini Corn Dogs Sweet Potatoes Mini Tomatoes Fruit Milk</p>	<p><b>18</b></p> <p>Chicken Patty Sandwich Baked Beans Coleslaw Fruit Milk</p>	<p><b>19</b></p> <p>Calzone Romaine &amp; Spinach Salad Cucumber Slices Fruit Milk</p>	<p><b>20</b></p> <p>Pizza Steamed Corn Celery Sticks Cookie Fruit Milk</p>	<p><b>21</b></p> <p>Chicken Tenders Waffles Cauliflower Bites Baby Carrots Fruit Milk</p>	
<p><b>24</b></p> <p>BBQ Beef Rib Sandwich French Fries Celery Sticks Fruit Milk</p>	<p><b>25</b></p> <p>Taco Salad Tortilla Chips Refried Beans Fruit Milk</p>	<p><b>26</b></p> <p>Stromboli Broccoli w/Cheese Baby Sticks Fruit Milk</p>	<p><b>27</b></p> <p>Chicken Nuggets Corn Bread Steamed Carrots Cucumber Slices Fruit Milk</p>	<p><b>28</b></p> <p>French Bread Pizza Green Beans Mini tomatoes Sun Chips Fruit Milk</p>	
<p><b>31</b></p> <p>Cheese Stuffed Bread Sticks Marinara Sauce Romaine Salad Fruit Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	