



Hamilton Middle School

January/February

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

08 *Beef/Bean & Cheese Burrito *Chicken Tenders w/Cheese Crackers *Pepperoni Pizza Pocket Cooked Garden Corn	09 *Soft Shell Tacos *Breaded Chicken Sandwich Baked Beans	10 *Apple Cinnamon French Toast w/Sausage Patties *Cheese Stuffed Breadsticks w/Dipping Sauce Cooked Green Beans	11 *Beef Taco Sticks *Orange Chicken Stir Fry w/Rice & Fortune Cookie *Mini Corn Dogs Fresh Broccoli	12 *Chicken Cheese Quesadilla *Mozz. Cheese Sticks w/Dipping Sauce *Ham & Cheese Calzone Cooked Garden Corn
15 *Chicken Leg w/Mashed Potatoes & Dinner Roll *Philly Cheesesteak Sandwich Cooked Garden Corn	16 *Pulled Pork Sandwich *Sausage Egg & Cheese Bagel Sandwich Baked Beans	17 *Chicken Bacon Sandwich *Cheese Stuffed Breadsticks w/Dipping Sauce Cooked Green Beans	18 *Deluxe Nachos *Hot Dogs *Strawberry Parfait w/Cereal Bar *Pizza Pocket Fresh Broccoli	19 *Ham & Cheese Calzone *Corn Dog *Chicken Nuggets w/Crackers Cooked Garden Corn
22 *Beef/Bean & Cheese Burrito *Chicken Tenders w/Cheese Crackers *Pepperoni Pizza Pocket Cooked Garden Corn	23 *Soft Shell Tacos *Breaded Chicken Sandwich Baked Beans Fun Food Fact Corn is considered the most popular vegetable in America.	24 *Apple Cinnamon French Toast w/Sausage Patties *Cheese Stuffed Breadsticks w/Dipping Sauce Cooked Green Beans	25 	26 
29 *Chicken Leg w/Mashed Potatoes & Dinner Roll *Italian Pull Apart Cheese & Garlic Bread w/Dipping Sauce Cooked Garden Corn	30 *Pulled Pork Sandwich *Sausage Egg & Cheese Bagel Sandwich Baked Beans	31 *Chicken Bacon Sandwich *Cheese Stuffed Breadsticks w/Dipping Sauce Cooked Green Beans	01 *Deluxe Nachos *Hot Dogs *Strawberry Parfait w/Cereal Bar *Pizza Pocket Fresh Broccoli	02 *Ham & Cheese Calzone *Corn Dog *Chicken Nuggets w/Crackers Cooked Garden Corn
05 *Beef/Bean & Cheese Burrito *Chicken Tenders w/Cheese Crackers *Pepperoni Pizza Pocket Cooked Garden Corn	06 *Soft Shell Tacos *Breaded Chicken Sandwich Baked Beans Did you know??? Babe Ruth was born on this day in 1895.	07 *Apple Cinnamon French Toast w/Sausage Patties *Cheese Stuffed Breadsticks w/Dipping Sauce Cooked Green Beans	08 *Beef Taco Sticks *Popcorn Chicken Bowl *Mini Corn Dogs Fresh Broccoli	09 *Chicken Cheese Quesadilla *Mozz. Cheese Sticks w/Dipping Sauce *Ham & Cheese Calzone Cooked Garden Corn  National Pizza Day

Prices


Breakfast Free
Lunch Free

Breakfast				
Monday	Tuesday	Wednesday	Thursday	Friday
Mini Pancakes	Choc. Chunk Benefit Bar	Whole Grain Mini Cinnamon Rolls	Whole Grain Apple or Cherry Frudels	Warm Maple Waffles

Daily Breakfast Entrées Include: 100% Asst. Fruit Juices, Fresh and Asst.Canned Fruit.
1% White and Skim Chocolate Milk (Cereal Kits also available daily)

Breakfast Meal Deal

(1) Entrée Choice
(2) Fruit or Fruit Juice
(1) Low-Fat 1% or Skim Milk (8oz)



Available Daily

Lunch Meal Deal

(1) Entrée Choice (bread & protein)
(2) Fruit Choices
(2) Vegetable Choices
(1) Low-Fat 1% or Skim Milk (8oz)

***Hamburgers/*Cheeseburgers/*Chef Salads**
***Turkey & Cheese Sub Sandwiches/*Cheese & Pepperoni Pizza Hut Pizza**

Due to product availability Menus are subject to change

***Included daily with lunch are several choices of fruit and vegetables.**
Fruit Choices.
Apples, Oranges, Watermelon, and Grapes (seasonal), canned in juice, Peaches, Applesauce, Pears, Pineapple and Mandarin Oranges.
100% Apple, Orange and Grape Juice.
Vegetable Choices.
In addition to the daily hot choice, Fresh Baby Carrots, Celery and Broccoli.
Also 1% White and Chocolate Milk.
***All breads and breading are whole grain.**

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