***Hamilton High School***

*News*

**All meals are FREE for the remainder of the school year.**

**\*Included daily with lunch will be one of the following choices of fruit. Fresh Apples & Oranges. Canned in juice Applesauce, Peaches, Pears, and Pineapple. 100% Apple, Orange & Grape Juice.**

**Vegetable Choices.**

**In addition to the daily hot choice one of the following Fresh Baby Carrots, Celery and Broccoli.**

**Also 1% White or Chocolate Milk. All breads and breadings are whole grain.**

*FRIDAY MEAL PICKUP*

*FOR NON IN PERSON DAYS*

*4:00-5:00 PM.*

*HS. LOWER LEVEL PARKING LOT*

***You must sign up for this if you want to participate in Friday meal pick ups.***

***751-2731***

**This institution is an equal opportunity provider**

**A. Homemade Pepperoni Pizza**

**B. Breaded Chicken Sandwich**

**C. Turkey/Ham Wrap**

**D. Shredded Pork BBQ Sandwich**

**Baked Beans**

**A. Homemade Pepperoni Pizza**

**B. Cheeseburger**

**C. Chicken Bacon Swiss Sandwich**

**D. Chicken/Cheese Crispitos w/String Cheese**

**Cooked Garden Corn**

**½ Day**

**A. Homemade Pepperoni Sausage Pizza**

**B. Cheeseburger**

**C. BBQ Chicken Leg w/Waffle**

**D. Spicy Chicken Sandwich**

**Cooked Green Beans**

**Meal Pick Up Day**

**4:00-5:00pm.**

**Hamilton High School**

**A. Homemade Pepperoni Pizza**

**B. Cheese Stuffed Breadsticks w/Dipping Sauce**

**C. Chicken Tenders w/Cheese Crackers**

**D. Philly Cheesesteak**

**Baked Beans**

**A. Homemade Pepperoni Sausage Pizza**

**B. Deluxe Nachos/Soft Shell Tacos w/Dinner Roll**

**C. Cheeseburger**

**D. BBQ Chicken Wings w/Roll**

**Cooked Garden Corn**

**A. Homemade Pepperoni Pizza**

**B. Breaded Chicken Sandwich**

**C. Chicken Cheese Crispitos w/String Cheese**

**D. Mac & Cheese w/Corn Dog**

**Broccoli**

**A. Homemade Pepperoni Sausage Pizza**

**B. Cheeseburger**

**C. Yogurt Parfait w/Muffin**

**D. Spicy Chicken Sandwich**

**Cooked Green Beans**

**Meal Pick Up Day**

**4:00-5:00pm.**

**Hamilton High School**

**A. Homemade Pepperoni Pizza**

**B. Breaded Chicken Sandwich**

**C. Turkey/Ham Wrap**

**D. Yogurt Parfait w/Muffin**

**Baked Beans**

**A. Homemade Pepperoni Pizza**

**B. Cheeseburger**

**C. Chicken Bacon Swiss Sandwich**

**D. Chicken/Cheese Crispitos w/String Cheese**

**Cooked Garden Corn**

**A. Homemade Pepperoni Pizza**

**B. Chicken Tenders w/Cheese Crackers**

**C. Turkey/Cheese Sub**

**D. Chicken Alfredo w/Garlic Breadstick**

**Broccoli**

**A. Homemade Pepperoni Sausage Pizza**

**B. Cheeseburger**

**C. Chicken Leg w/Mashed Potatoes & Dinner Roll**

**D. Spicy Chicken Sandwich**

**Cooked Green Beans**

**Meal Pick Up Day**

**4:00-5:00pm.**

**Hamilton High School**

**A. Homemade Pepperoni Pizza**

**B. Chicken Tenders w/Cheese Crackers**

**C. BBQ Chicken Leg w/Waffle**

**D. Cheese Stuffed Breadsticks w/Dipping Sauce**

**Baked Beans**

**A. Homemade Pepperoni Pizza**

**B. Cheeseburger**

**C. Chicken/Cheese Crispitos w/String Cheese**

**D. Korean Beef w/Mashed Potatoes & Garlic Breadstick**

**Cooked Garden Corn**

**A. Homemade Pepperoni Pizza**

**B. Bacon Cheeseburger**

**C. Orange Chicken w/Breadstick**

**D. Spicy Popcorn Chicken w/Cheese Crackers**

**Broccoli**

**A. Homemade Pepperoni Pizza**

**B. Chicken Tenders w/Cheese Crackers**

**C. Shredded Pork BBQ Sandwich**

**D. Spicy Chicken Sandwich**

**Cooked Green Beans**

**Meal Pick Up Day**

**4:00-5:00pm.**

**Hamilton High School**

**Memorial Day**

****

**JUNE IS HERE…**

****

**Did you know???**

**Carrots weren’t always orange, they were once exclusively purple…**

**Trivia**

**Drinking a glass of \_\_\_\_\_ \_\_\_\_ after working out will boost muscle growth and speed recovery. Hint…**

**The answer is underlined on this page.**

****