***Hamilton Middle 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. Pizza Hut Pepperoni Pizza**

**B. Cheeseburger Sliders**

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

**Baked Beans**

**A. Pizza Hut Pepperoni Pizza**

**B. Turkey Cheese Flatbread Sandwich**

**C. Breaded Chicken Sandwich**

**Cooked Sliced Carrots**

**½ Day**

**A. Pizza Hut Pepperoni Pizza**

**B. Ham & Cheese Calzone**

**C. Mini Corn Dogs**

**Cooked Garden Corn**

**Meal Pick Up Day**

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

**Hamilton High School**

**A. Pizza Hut Pepperoni Pizza**

**B. Bacon Cheeseburger**

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

**Baked Beans**

**A. Pizza Hut Pepperoni Pizza**

**B. Ham & Cheese Sub**

**C. Breaded Chicken Sandwich**

**Cooked Sliced Carrots**

**Frozen Fruit Slushies**

**A. Pizza Hut Pepperoni Pizza**

**B. Pizza Pocket**

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

**Steamed Broccoli**

**A. Pizza Hut Pepperoni Pizza**

**B. Chicken & Cheese Quesadilla**

**C. Deluxe Nachos**

**Cooked Garden Corn**

**Meal Pick Up Day**

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

**Hamilton High School**

**A. Pizza Hut Pepperoni Pizza**

**B. Turkey Gravy w/Mashed Potatoes & Warm Biscuit**

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

**Baked Beans**

**A. Pizza Hut Pepperoni Pizza**

**B. Chicken Leg w/Mashed Potatoes & Breadstick**

**C. Turkey Cheese Flatbread Sandwich**

**Cooked Sliced Carrots**

**A. Pizza Hut Pepperoni Pizza**

**B. Pulled Pork BBQ Sandwich**

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

**Steamed Broccoli**

**A. Pizza Hut Pepperoni Pizza**

**B. Cheeseburger**

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

**Cooked Garden Corn**

**Meal Pick Up Day**

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

**Hamilton High School**

**A. Pizza Hut Pepperoni Pizza**

**B. Hot Ham & Cheese Croissant Sandwich**

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

**Baked Beans**

**A. Pizza Hut Pepperoni Pizza**

**B. Cheeseburger**

**C. Sausage Egg & Cheese Bagel Sandwich**

**Cooked Sliced Carrots**

**Chocolate Chip Cookie**

**A. Pizza Hut Pepperoni Pizza**

**B. Apple Cinnamon French Toast w/Sausage Patties**

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

**Steamed Broccoli**

**A. Pizza Hut Pepperoni Pizza**

**B. Chicken & Cheese Quesadilla**

**C. Deluxe Nachos**

**Cooked Garden Corn**

**Meal Pick Up Day**

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

**Hamilton High School**

**Memorial Day**

**![C:\Users\pkeene\AppData\Local\Microsoft\Windows\INetCache\IE\F8PI3GVN\american-flag-1510946184a73[1].jpg]()**

**JUNE IS HERE…**

**![C:\Users\pkeene\AppData\Local\Microsoft\Windows\INetCache\IE\F8PI3GVN\happy-sun-face-cartoon-1374086333WNS[1].jpg]()**

**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.**

**![C:\Users\pkeene\AppData\Local\Microsoft\Windows\INetCache\IE\F8PI3GVN\Beach-PNG-Clipart[1].png]()**