

# LUNCH

August 2017

HAMILTON COMMUNITY SCHOOL

## Lunch Fact

95% of Americans still aren't eating enough whole grain. Whole grains give kids the energy they need to be active and play sports!

Yogurt-P/B Sandwich, Fresh Fruit, Fresh Veggies Choice of Milk Served Daily



### \* monday

Menu Subject To Change

Burrito  
Cheese sauce  
Spanish Rice  
Green Salad  
Pineapple

Walking Taco  
Lettuce,Salsa,Cheese  
Refried Beans  
Peas  
Mandarin Oranges

Chicken Strips  
Mashed Potatoes  
Green beans  
Fruit Cup

### \* tuesday

Pizza  
Chopped Salad  
Green Beans  
Orange Wedges

Ham Sandwich  
Cheese Sticks  
Mixed Veggies  
Peaches

Stuffed Breadsticks  
Marinara Sauce  
Steamed Broccoli  
Peaches

Mac-n-Cheese  
Breadstick  
Sausage Link  
Broccoli  
Applesauce

### \* wednesday

Chicken Patty w/Bun  
Seasoned Corn  
Veggies  
Chilled Pears

Quesadilla.  
Refried Beans  
Salad  
Fruit Cocktail  
Ice Cream Cup

Marine Melt  
Chopped Salad  
Mixed Vegetables  
Fruit Cup

Chicken Fajita  
Rice  
Tomato,Lettuce,Cheese  
Carrots/Peas  
Mandarin Oranges

### \* thursday

Mozz Cheese Dippers  
Marinara Sauce  
Steamed Broccoli  
Blueberries

Toasted Cheese Sandwich  
Hash Brown  
California Blend  
Pears

Sloppy Joe w/Bun  
Fries  
Green Beans  
Pineapple

Corn Dogs  
Baked Beans  
Corn  
Chopped Salad  
Pears

### \* friday

Hot Dogs w/Bun  
Baked Beans  
Peas  
Applesauce

Chicken Nuggets  
Spinach  
Green Beans  
Yogurt Cup  
Sliced Apples

Hamburger w/Bun  
Baked Chips  
Lettuce,Tomato,Cheese  
Corn  
Pears

## School Information:

USDA IS AN EQUAL OPPROTUNITY PROVIDER AND EMPLOYER