

Hamilton
County
Elementary &
Middle
Schools

Lunch

november

2014



Monday

Choose up to 1 Entree: ³

- Cheese Pizza OR
- Pepperoni Pizza OR
- Asian Orange Chicken w/ Rice
- Choose up to 2 Vegetables:**
- Garden-Fresh Side Salad
- Seasoned Broccoli
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹⁰

- Cheese Pizza OR
- Pepperoni Pizza OR
- Mini Chicken Sandwiches
- Choose up to 2 Vegetables:**
- Sweet Potato Fries
- Sweet Golden Corn
- Garden-Fresh Side Salad
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹⁷

- Soft Shell Taco *
- w/ Spanish Rice OR
- Chicken Parmesan
- Choose up to 2 Vegetables:**
- Carrot Dippers w/ Ranch
- Sweet Golden Corn
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ²⁴

- Cheese Pizza OR
- Pepperoni Pizza OR
- Grilled Chicken Sandwich*
- Choose up to 2 Vegetables:**
- Sweet Potato Fries
- Sweet Golden Corn
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Starving by lunch?

Well, don't skip breakfast! Check out the many choices we offer on our breakfast menu!

Tuesday

Choose up to 1 Entree: ⁴

- Chicken Nuggets OR
- Pot Roast w/ Gravy
- Both Come w/ Roll**
- Choose up to 2 Vegetables:**
- Potato Wedges
- Glazed Carrots
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹¹

- Turkey & Gravy
- w/ Roll and/or Dressing OR
- Baked Corndog
- Choose up to 2 Vegetables:**
- Creamed Potatoes
- Seasoned Green Beans
- Choose up to 1 Fruit**
- Choose up to 1 Milk**
- Chocolate or Vanilla Cupcake

Choose up to 1 Entree: ¹⁸

- Cheese Pizza OR
- Pepperoni Pizza OR
- BBQ Rib Sandwich
- Choose up to 2 Vegetables:**
- Garden-Fresh Side Salad
- Crinkle Fries
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ²⁵

- Chicken Nuggets w/ Roll OR
- Manager's Choice
- Choose up to 2 Vegetables:**
- Potato Wedges
- California Blend
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Wednesday

Choose up to 1 Entree: ⁵

- Hamburger / Bun* OR
- Chicken Fajita*
- Choose up to 2 Vegetables:**
- Crinkle Fries
- Refried Beans
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹²

- Homemade Spaghetti OR
- Chicken Nuggets
- Both Come w/ Roll**
- Choose up to 2 Vegetables:**
- Side Salad
- Seasoned Broccoli
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹⁹

- Hamburger / Bun* OR
- Chicken Nuggets w/ Roll
- Choose up to 2 Vegetables:**
- Potato Wedges
- Home-style Baked Beans
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

26

No School

Thursday

Choose up to 1 Entree: ⁶

- Grilled Chicken Sandwich* OR Manager's Choice
- Choose up to 2 Vegetables:**
- California Blend
- Potato Rounds
- Choose up to 1 Fruit**
- Choose up to 1 Milk**
- Freshly-Baked Cookie

Choose up to 1 Entree: ¹³

- Cheesy Breadsticks (2) OR
- Pulled Pork BBQ / Bun
- Choose up to 2 Vegetables:**
- Seasoned White Beans
- Creamy Cole Slaw
- Curly Fries
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ²⁰

- Baja Fish Sticks OR
- Beef Teriyaki Bites
- Both Come with Asian Rice**
- Choose up to 2 Vegetables:**
- Seasoned Green Beans
- Steamed Carrots
- Choose up to 1 Fruit**
- Choose up to 1 Milk**
- Sugar-Free Gelatin

27

Thanksgiving



No School

Friday

Choose up to 1 Entree: ⁷

- Crispy Fish w/ Cornbread OR
- Toasted Cheese Sandwich
- Choose up to 2 Vegetables:**
- Seasoned Pinto Beans
- Veggie Dippers w/ Ranch
- Sweet Golden Corn
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ¹⁴

- Grilled Chicken Sandwich* OR Manager's Choice
- Choose up to 2 Vegetables:**
- Steamed Carrots
- Potato Wedges
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

Choose up to 1 Entree: ²¹

- Crispy Chicken Sandwich* OR
- Cheese Quesadilla
- Choose up to 2 Vegetables:**
- Seasoned Broccoli
- Curly Fries
- Choose up to 1 Fruit**
- Choose up to 1 Milk**

28

Lunch- A lunch includes:

- Up to 1 entrée (meat/meat alternate & grain)
- Up to 2 vegetables*
- Up to 1 fruit*
- Up to 1 low-fat or fat-free Mayfield's milk.

*A lunch must include a fruit or vegetable and at least 2 full other components to avoid paying a la carte

Trivia Bite
Farmers grow corn on every continent except Antarctica.



Lunch Prices:

Paid \$3.00 (Pre-K-12), Reduced \$0.40 (Pre-K-12), HCDE Employees \$3.75, Visitors \$4.50

USDA is an equal opportunity provider and employer.