

# DECEMBER 2023

## Hamilton Community Schools

### BREAKFAST



#### School Information:

\*Menu is Subject to Change

\*This institution is an equal opportunity provider.



#### Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.

Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

### MONDAY



### TUESDAY

13

### WEDNESDAY



### THURSDAY

### FRIDAY

Pizza Bagel  
4oz Juice  
Fruit  
Milk

4

Pancakes & Sausage  
4oz Juice  
Fruit  
Milk

5

Yogurt Parfait  
4oz Juice  
Fruit  
Milk

6

Egg Sandwich  
4oz Juice  
Fruit  
Milk

7

Breakfast Wrap  
4oz Juice  
Fruit  
Milk

8

French Toast  
4oz Juice  
Fruit  
Milk

11

Cinnamon Rolls  
4oz Juice  
Fruit  
Milk

12

Cinnamon Toast  
Crush Bar  
4oz Juice  
Fruit  
Milk

13

Blueberry Twist (2)  
4oz Juice  
Fruit  
Milk

14

Sausage Biscuit  
4oz Juice  
Fruit  
Milk

15

Waffles  
Hash Brown  
4oz Juice  
Fruit  
Milk

18

Cereal Bar  
4oz Juice  
Fruit  
Milk

19

Breakfast Pizza  
4oz Juice  
Fruit  
Milk

20

Cereal and Yogurt  
4oz Juice  
Fruit  
Milk

21

Pop-Tart  
4oz Juice  
Fruit  
Milk

22

**Christmas Break  
No School**

25

**Christmas Break  
No School**

26

**Christmas Break  
No School**

27

**Christmas Break  
No School**

28

**Christmas Break  
No School**

29