

DECEMBER 2023

Hamilton Elementary and Jr High

LUNCH



School Information:

*Menu is Subject to Change

*This institution is an equal opportunity provider.



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY



TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

Hot dog
French Fries
Green Beans
Fruit
Milk

4

French Bread Pizza
Broccoli
Black Beans
Fruit
Milk

5

Grilled Cheese & Soup
Red Peppers
Cauliflower
Fruit
Milk

6

French Toast Bites
Sausage
Hash Brown
Carrots
Fruit Milk

7

Sloppy Joes
French Fries
Celery
Fruit
Milk

1

Quesadilla
Red Peppers
Refried Beans
Fruit
Milk

11

Corn Dog
Carrots
Broccoli
Fruit
Milk

12

Pizza
Corn
Green Beans
Fruit
Milk

13

Chicken Nuggets
Sweet Potato Fries
Broccoli
Fruit
Milk

14

Hamburger
French Fries
Celery
Fruit
Milk

15

Pulled Pork Sandwich
French Fries
Celery
Fruit
Milk

18

Calzone
Carrots
Broccoli
Fruit
Milk

19

Rotini
Broccoli
Cauliflower
Fruit
Milk

20

Feistada
Black Beans
Red Peppers
Fruit
Milk

21

Stromboli
Carrots
Pickles
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