

Hamilton

Lunch (Traditional Lunch), October - 2022

3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
<p>ENTREE Chorizo Mac Cheese (Gr 6-12) Mac & Cheese Peanut Butter & Jelly Sandwich Turkey Ranch Wrap (Gr 6-12) WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>VEGETABLE Chilled Peas</p> <p>FRUIT Blueberries-Frozen Green Grapes Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>	<p>ENTREE Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Cheese Quesadilla Chicken Quesadilla Mexican Chopped Salad (Gr 6-12) Yogurt Basket w/ Blueberry Muffin</p> <p>VEGETABLE Cherry Tomatoes Refried Beans-Homemade</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Homemade Salsa Pickled Jalapenos</p>	<p>ENTREE Peanut Butter & Jelly Sandwich Penne Marinara Penne with Meat Sauce Sandwich-Spicy Chicken (Gr 6-12) WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>VEGETABLE Garden Greens Salad</p> <p>FRUIT Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Individual Ranch Cup Ketchup Mayo Mustard Parmesan Cheese</p>	<p>ENTREE Black Bean Burger Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Crispy Chicken Sandwich Yogurt Basket with Cinnamon Pita Crisps</p> <p>VEGETABLE Sweet Potato Tots</p> <p>FRUIT Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Ketchup Mayo Mustard</p>	<p>ENTREE Broccoli & Cheese Baby Baked Potatoes Peanut Butter & Jelly Sandwich Pulled BBQ Pork Sandwich Turkey Chef Salad (Gr 6-12) Vegetarian Chef Salad (Gr 6-12) WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAINS Dinner Roll</p> <p>VEGETABLE Green Beans</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>
<p>10 Monday</p> <p>ENTREE Beef Nachos Cheese Nachos Cheeseburger (Gr 6-12) Yogurt Basket w/ Blueberry Muffin</p> <p>VEGETABLE Refried Beans-Homemade Spicy Cucumber Coins</p> <p>FRUIT Blueberries-Frozen Green Grapes Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Homemade Salsa Ketchup Mayo Mustard Pickled Jalapenos</p>	<p>11 Tuesday</p> <p>ENTREE Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Buffalo Chicken Salad (Gr 6-12) Country Chicken Bowl Grilled Cheese Sandwich Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAINS Dinner Roll</p> <p>VEGETABLE Sweet Pepper Strips</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>	<p>12 Wednesday</p> <p>ENTREE Homemade Cheese Pizza Homemade Pepperoni Pizza Nashville Hot Boneless Wings (Gr 6-12) Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAINS Dinner Roll</p> <p>VEGETABLE Cherry Tomatoes</p> <p>FRUIT Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Parmesan Cheese</p>	<p>13 Thursday</p> <p>ENTREE Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Italian Sub Sandwich Italian Veggie Sub Sandwich Yogurt Basket with Cinnamon Pita Crisps</p> <p>VEGETABLE Curly Fries</p> <p>FRUIT Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Mayo Mustard</p>	<p>14 Friday</p> <p>ENTREE Charro Beans Chicken Caliente Chili Cheese Fries (Gr 6-12) Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAIN Spanish Rice (Gr 9-12) Spanish Rice (Gr PK-8)</p> <p>VEGETABLE Steamed Broccoli</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Homemade Salsa Pickled Jalapenos</p>

17 Monday	18 Tuesday	19 Wednesday	20 Thursday	21 Friday
<p>ENTREE Bean & Cheese Burrito Beef & Cheese Burrito Cheeseburger (Gr 9-12) Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>VEGETABLE Baby Carrots Street Corn</p> <p>FRUIT Blueberries-Frozen Green Grapes Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad DPS Green Chili Sauce Homemade Salsa Ketchup Mayo Mustard Pickled Jalapenos Taco Fixings</p>	<p>ENTREE Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Cheesy Bread Stick w/ Marinara K8 Salad-Crispy Chicken (Gr 6-12) Yogurt Basket w/ Blueberry Muffin</p> <p>GRAIN Saltine Crackers WG 3 PKG</p> <p>VEGETABLE Cucumber Tomato Salad</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>	<p>ENTREE Meat Lasagna Peanut Butter & Jelly Sandwich Sandwich- Crispy Chicken (Gr 6-12) Spinach Lasagna WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAIN Garlic Bread</p> <p>VEGETABLE Garden Greens Salad</p> <p>FRUIT Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Individual Ranch Cup Mayonnaise Parmesan Cheese</p>	<p>ENTREE All Beef Hot Dog Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Chili Dog (Gr 6-12) Garden Chili Yogurt Basket with Cinnamon Pita Crisps</p> <p>GRAIN Cornbread</p> <p>VEGETABLE Southwest Beans</p> <p>FRUIT Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Ketchup Mayo Mustard</p>	<p>ENTREE Chicken à la King Cuban Sandwich (Gr 6-12) Peanut Butter & Jelly Sandwich Vegetarian Chef Salad WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAINS Dinner Roll</p> <p>VEGETABLE Mashed Potatoes</p> <p>FRUIT Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>
<p>24 Monday</p> <p>ENTREE Beef Taco (1) (Gr PK-3) Beef Tacos (2) (Gr 4-12) Chorizo Crunchy Tacos (Gr 6-12) Peanut Butter & Jelly Sandwich Veggie Tacos WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAIN Spanish Rice (Gr 9-12) Spanish Rice (Gr PK-8)</p> <p>VEGETABLE Spicy Corn Salad</p> <p>FRUIT Blueberries-Frozen Green Grapes Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Homemade Salsa Pickled Jalapenos</p>	<p>25 Tuesday</p> <p>ENTREE Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Chicken Nuggets Roasted Red Pepper Hummus Bowl Yogurt Basket w/ Blueberry Muffin</p> <p>GRAINS Dinner Roll</p> <p>VEGETABLE Steamed Broccoli Sweet Pepper Strips</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS BBQ Sauce Ketchup</p>	<p>26 Wednesday</p> <p>ENTREE Alfredo Pasta Chicken Alfredo Peanut Butter & Jelly Sandwich Sandwich- Crispy Chicken (Gr 6-12) WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAIN Garlic Bread</p> <p>VEGETABLE Italian Green Beans</p> <p>FRUIT Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Ketchup Mayonnaise Mustard</p>	<p>27 Thursday</p> <p>ENTREE Black Bean Burger Black Jack Cheese Pizza (Gr 6-12) Black Jack Green Pepper & Mushroom Pizza (Gr 6-12) Black Jack Pepperoni Pizza (Gr 6-12) Black Jack Sausage Pizza (Gr 6-12) Cheeseburger Peanut Butter & Jelly Sandwich WOW Butter & Jelly Sandwich (Peanut-Free) Yogurt Basket with Cinnamon Pita Crisps</p> <p>VEGETABLE Southwest Beans</p> <p>FRUIT Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p> <p>CONDIMENTS Burger Salad Ketchup Mayo</p>	<p>28 Friday</p> <p>ENTREE Broccoli & Cheese Baby Baked Potatoes Meatloaf Peanut Butter & Jelly Sandwich Spicy Grilled Cheese Sandwich (Gr 6-12) WOW Butter & Jelly Sandwich (Peanut-Free)</p> <p>GRAIN Garlic Bread</p> <p>VEGETABLE Baby Carrots Mashed Potatoes</p> <p>FRUIT Applesauce, Canned Cantaloupe Kiwi Strawberries-Frozen</p> <p>MILK True Moo 1 % White Milk True Moo Fat Free White Milk True Moo Low Fat 1% Chocolate Milk</p>

Taco Fixings			Mustard	
31 Monday				

This institution is an equal opportunity provider.