

# DECEMBER 2022

## Hamilton County Elementary School

Hamilton County School District  
Food & Nutrition Services  
Hamilton County School District and USDA are  
equal opportunity providers and employers.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**5**  
Spaghetti W/Meat Sauce  
Breadstick  
Fresh Salad/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

**6**  
Chicken Chowder  
PB&J Sandwich  
Cracker/Fresh Salad/Dressing  
Cool Tropics  
Variety Low-Fat Milk

**7**  
Mandarin Orange Chicken  
W/Steamed Rice  
Stir Fry Vegetables/Spring Rolls  
Assorted Fruit  
Variety Low-Fat Milk

**1**  
Hot Dogs/Bun  
Baked Beans  
Carrots/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

**2**  
Pepperoni or Cheese Pizza  
Whole Kernel Corn  
Fresh Salad/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

**8**  
Meatloaf  
Mash Potato/Gravy  
Green Beans/Yeast Rolls  
Assorted Fruit  
Variety Low-Fat Milk

**9**  
Chicken Sandwich  
Potato Fries  
Fresh Salad/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

**12**  
Beef Chili  
PB&J Sandwich/Cracker  
Fresh Salad/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

**13**  
Pulled Pork Sandwich  
Potato Tots  
Vegetable Melody/Dressing  
Cool Tropics  
Variety Low-Fat Milk

**14**  
Sliced Ham  
Green Beans  
Mash Potato/Gravy  
Yeast Rolls/Sweet Potato Pie  
Cranberry Sauce  
Variety Low-Fat Milk

**15**  
**EARLY DISMISSAL**  
  
**Bag Lunches**

**16**  
**EARLY DISMISSAL**  
  
**Bag Lunches**

**19**

**20**

**21**

**22**

**23**

***Christmas Holiday Break Week December 19-January 2***

**26**

**27**

**28**

**29**

**30**

**Menus are subject to change**

**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.

Reference: USDA MyPlate