

DECEMBER 2023

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

Spaghetti W/Meat Sauce
WG Bread Stick
Romaine Salad/Dressing
Assorted Fruit
Variety Chilled Low-Fat Milk

4

BBQ Pull Pork/WG Bun
Potato Tots
Vegetable Melody/Dressing
Side Kicks
Variety Chilled Low-Fat Milk

5

Chicken Chowder Soup
PB&J Sandwich/Crackers
Romaine Salad/Dressing
Assorted Fruit
Variety Low-Fat Milk

6

Salisbury Steak
Mash Potato/Gravy
Green Beans/Yeast Rolls
Assorted Fruit
Variety Low-Fat Milk

7

Pepperoni or Cheese Pizza
Whole Kernel Corn
Romaine Salad/Dressing
Assorted Fruit
Variety Chilled Low-Fat

1

Chicken Sandwich
Potato Fries
Baked Beans
Assorted Fruit
Variety Chilled Low-Fat Milk

8

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

11

Chicken Meatballs
Steamed Rice/Gravy
Steamed Broccoli/Yeast Rolls
Side Kick
Variety Low-Fat Milk

12

Corn Dog
Baked Beans
Romaine Salad/Dressing
Assorted Fruit
Variety Chilled Low-Fat Milk

13

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

14

Stromboli
Whole Kernel Corn
Romaine Salad/Dressing
Assorted Fruit
Variety Chilled Low-Fat

15

18

Early Dismissal


19

Early Dismissal

20

Menus are subject of change

21
22
25
26
27
28
29

Christmas Holiday Break Week December 20-January 2

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