



# JANUARY 2024

## Hamilton County Elementary School

Hamilton County School District  
Food & Nutrition Services  
Hamilton County School District  
and USDA are Equal Opportunity  
Providers and Employers

Monday



1

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

8



5

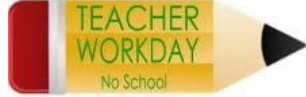
Spaghetti W/Meatballs  
WG Bread Stick  
Romaine Salad/Dressing  
Assorted Fruit  
Variety Chilled Low-Fat Milk

22

Beef Chili  
Grill Cheese Sandwich/Cracker  
Romaine Salad/Dressing  
Assorted Fruit  
Variety Low-Fat Milk

29

Tuesday



2

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

9

Calzonette Beef Peperoni  
Whole Kernel Corn  
Romaine Salad/Dressing  
Side Kicks  
Variety Chilled Low-Fat Milk

16

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

23

Calzonette Beef Peperoni  
Whole Kernel Corn  
Romaine Salad/Dressing  
Side Kicks  
Variety Chilled Low-Fat Milk

30

Wednesday

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

3

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

10

Oven Roasted Chicken  
Green Lima Beans  
Steamed Brown Rice/Gravy  
WG Cornbread  
Assorted Fruit  
Variety Low-Fat Milk

17

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

24

Oven Roasted Chicken  
Green Lima Beans  
Steamed Brown Rice/Gravy  
WG Cornbread  
Assorted Fruit  
Variety Low-Fat Milk

31

Thursday

Hot Dog/WG Bun  
Baked Beans  
Vegetable Melody/Dressing  
Assorted Fruit  
Variety Chilled Low-Fat Milk

4

Chicken Sandwich  
on WG Bun  
Sweet Potato Fries  
Baked Beans  
Assorted Fruit  
Variety Chilled Low-Fat Milk

11

Hot Dog/WG Bun  
Baked Beans  
Vegetable Melody/Dressing  
Assorted Fruit  
Variety Chilled Low-Fat Milk

18

Chicken Sandwich  
on WG Bun  
Sweet Potato Fries  
Baked Beans  
Assorted Fruit  
Variety Chilled Low-Fat Milk

25

Friday

Hamburger or  
Cheeseburger WG Bun  
Lettuce/Tomato  
Potato Fries  
Assorted Fruit  
Variety Chilled Low-Fat Milk

5

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

12

Hamburger or  
Cheeseburger WG Bun  
Lettuce/Tomato  
Potato Tots  
Assorted Fruit  
Variety Chilled Low-Fat Milk

19

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

26



**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right