

SEPTEMBER 2022

Hamilton County Elementary

LUNCH



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



September is Whole Grains Month! 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

Menus are subject to change

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

Labor Day Holiday

5

No School



6

BBQ Pull Pork Sandwich

7

Potato Tots

Fresh Salad/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Hot Dogs

8

Waffle Fries

Vegetable Melody/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Baked Chicken

9

Green Lima Beans

Rice/Gravy/Cornbread

Assorted Fruit

Variety Low-Fat Milk

Spaghetti W/Meat

12

Sauce/Breadstick

Fresh Salad/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Pepperoni or Cheese

13

Pizza/Whole Kernel Corn

Fresh Salad/Dressing

Cool Tropic

Variety Chilled Low-Fat Milk

Mandarin Orange Chicken

14

W/Steamed Rice

Stir Fry Vegetables

Spring Rolls/Assorted Fruit

Variety Chilled Low-Fat Milk

Meatloaf

15

Mashed Potato/Gravy

Green Beans/Yeast Rolls

Assorted Fruit

Variety Chilled Low-Fat Milk

Pepperoni or Cheese

16

Pizza/Corn on Cob

Fresh Salad/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Hamburger or
Cheeseburger

19

Potato Tots/Lettuce/Tomato

Assorted Fruit

Variety Chilled Low-Fat Milk

Baked Ham

20

Green Beans

Mashed Potato/Gravy/Yeast Rolls

Cool Tropic

Variety Chilled Low-Fat Milk

Baked Chicken

21

Steamed Cabbage

Rice/Gravy/Cornbread

Assorted Fruit

Variety Chilled Low-Fat Milk

Corn Dogs

22

Waffle Fries

Vegetable Melody/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Chicken Nuggets

23

Potato Wedges

Fresh Salad/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Spaghetti W/Meat Sauce
Breadstick

26

Fresh Salad/Dressing

Assorted Fruit

Variety Chilled Low-Fat Milk

Pepperoni or Cheese Pizza

27

Whole Kernel Corn

Fresh Salad/Dressing

Cool Tropic

Variety Chilled Low-Fat Milk

Mandarin Orange Chicken

28

W/Steamed Rice

Stir Fry Vegetables

Spring Rolls/Assorted Fruit

Variety Chilled Low-Fat Milk

Meatloaf

29

Mashed Potato/Gravy

Green Beans/Yeast Rolls

Assorted Fruit

Variety Chilled Low-Fat Milk

Bag Lunches

30

Early Dismissal