



LUNCH

JANUARY 2023

Hamilton County Elementary School

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

Menus are Subject to Change

Monday

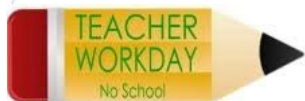
Tuesday

Wednesday

Thursday

Friday

2



3

Chicken Nuggets
Potato Fries
Fresh Salad/Dressing
Cool Tropic
Variety Low-Fat Milk

4

BBQ Pulled Pork Sandwich
Potato Tots
Fresh Salad/Dressing
Assorted Fruit
Variety Chilled Low-Fat Milk

5

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

6

Hot Dog/Bun
Baked Beans
Carrots/Dressing
Assorted Fruit
Variety Low-Fat Milk

9

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

10

Ham/Potato/Cheese
Casserole
Green Beans/Yeast Rolls
Cool Tropics
Variety Low-Fat Milk

11

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

12

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

13

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

16



17

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

18

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

19

Sliced Ham
Mash Potato/Gravy
Green Beans/Yeast Rolls
Assorted Fruit
Variety Low-Fat Milk

20

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

23

Beef Vegetable Soup
PB&J Sandwich/Cracker
Fresh Salad/Dressing
Assorted Fruit
Variety Low-Fat Milk

24

Ham/Potato/Cheese
Casserole
Green Beans/Yeast Rolls
Cool Tropics
Variety Low-Fat Milk

25

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

26

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

27

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

30

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

31

Chicken Nuggets
Potato Fries
Fresh Salad/Dressing
Cool Tropic
Variety Low-Fat Milk

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