

Hamilton County Elementary & Middle Schools

Breakfast

Not Just Menus! Our website hosts more information than just menus. Here's a list of other topics that you can find on the website:

- Free / Reduced Meals
- Meal Patterns
- Frequently Asked Questions
- Special Dietary Requests
- A la Carte List & Prices
- Promotions / Contests
- Contact Information
- Other Nutrition Programs
- Nutrition Analysis

All this and more at: www.hcde.org/schoolmeals


Not always what they seem!: To provide healthier options of common favorites, some meat options may not be what you would expect. The pictures below are used throughout the menu to help you know what's what!


Beef 

Turkey 

Fish 

Pork 

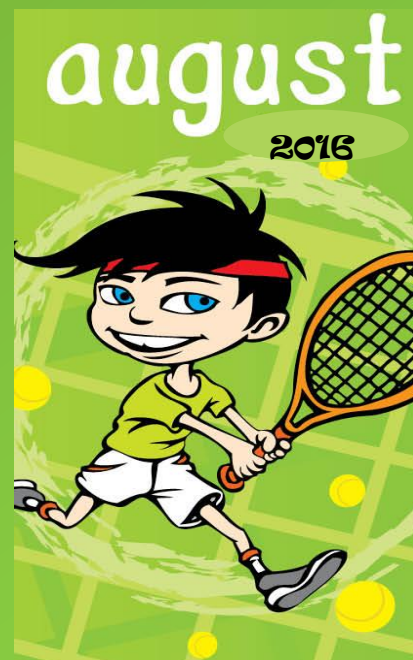
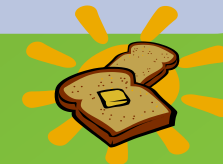
Chicken 

Vegetarian (No Meat) 

Breakfast- A breakfast includes up to 1 of each:

- Hot or Cold Entrée (grain and sometimes meat/meat alternate)
- 100% Fruit Juice*
- Whole Fruit*
- Low-Fat or Fat-Free Mayfield's milk

*A breakfast must include a fruit or juice and 2 other items to avoid paying a la carte



Monday	Tuesday	Wednesday	Thursday	Friday
1	WELCOME			4
8	BACK!		11	12
15	16	17	18	19
22	23	24	25	26
29	30	31	Break the "fast" with breakfast!	

- Daily Breakfast Entrees**
- Yogurt w/ Graham Crackers or Toast
 - Cereal w/ Toast
 - Toast (2) / Jelly
 - Peanut Butter Entrees
 - Soft Oatmeal Bar

Breakfast Prices: Paid \$2.00 (Pre-K-12), Reduced \$0.30 (Pre-K-12), HCDE Employees \$2.50, Visitors \$2.75