

September Lunch

Hamilton County Elementary Schools
This menu is subject to change.
Additional items may be offered daily. Check with your school's cafeteria for changes to this menu and supplementary menu items.

Lunch Prices For Non CEP Schools:

Paid Student: \$3.00
 Reduced Student: \$0.40
 HCDE Employees: \$3.75
 Visitors: \$4.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Cheesy Garlic Bread OR Hamburger/Bun* Homestyle Baked Beans Crinkle Cut Fries Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	29 Corndog OR Cheese Quesadilla Sweet Golden Corn Southern Green Beans Choice of 1 Fruit Choice of 1 Milk	30 Chicken Drumstick Pulled Pork Sandwich Seasoned Broccoli Mashed Potatoes Carrot Dippers Choice of 1 Fruit Choice of 1 Milk Sugar-free gelatin	31 Beef Tacos* Mini Chicken Sandwiches Potato Wedges Seasoned Black Beans Choice of 1 Fruit Choice of 1 Milk	01 Popcorn Chicken Brown Rice Cheesy Breadsticks Crinkle Cut Fries Stir-fry Vegetables Broccoli Dippers Choice of 1 Fruit Choice of 1 Milk
04 <div style="background-color: orange; color: white; text-align: center; padding: 20px;"> <h2>Labor Day No School!</h2> </div>	05 Crispy Chicken Sandwich* OR Hot Dog/Bun w/ Chili Curly Fries Coleslaw Choice of 1 Fruit Choice of 1 Milk	06 Potato Crusted Fish Popcorn Chicken Homemade Cornbread Country White Beans Garden Fresh Salad Carrot Dippers	07 Chicken Fajitas* Hamburger/Bun* Sweet Corn Waffle Fries Choice of 1 Fruit Choice of 1 Milk Sugar-free gelatin	08 Cheese Pizza OR Pepperoni Pizza OR Chicken Drumstick/Roll Garden Fresh Salad Glazed Carrots Broccoli Dippers Choice of 1 Fruit Choice of 1 Milk
11 Meatloaf/Biscuit Mini Chicken Sandwiches Mashed Potatoes Peas & Carrots Carrot Dippers Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	12 Orange Chicken Brown Rice OR Cheese Calzone OR Pepperoni Calzone Garden Fresh Salad Sweet Corn Choice of 1 Fruit Choice of 1 Milk	13 Pulled Pork Sandwich Spanish Nachos Pinto Beans Baked Potato Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	14 Chicken & Waffles Spaghetti & Meatballs Garlic Breadstick California Vegetable Blend Southern Green Beans Choice of 1 Fruit Choice of 1 Milk	15 Italian Beef Sandwich OR Grilled Cheese Tomato Soup Potato Wedges Broccoli Dippers Choice of 1 Fruit Choice of 1 Milk
18 Crispy Chicken Sandwich* OR Breaded Mozzarella Sticks w/ Marinara Sauce Shoestring Fries Sweet Corn Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	19 Cheese Deep Dish Pizza OR Pepperoni Deep Dish Pizza OR OR BBQ Rib Sandwich Homestyle Baked Beans Garden Fresh Salad Choice of 1 Fruit Choice of 1 Milk	20 Chicken Alfredo Garlic Breadstick Hamburger/Bun* Tater Tots Southern Green Beans Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	21 Cheesy Garlic Bread Chicken Teriyaki Veggie Egg Roll & Brown Rice Glazed Carrots Stir-fry Vegetables Choice of 1 Fruit Choice of 1 Milk Cookie	22 Chicken Nuggets OR Salisbury Steak w/ Gravy Buttered Breadstick Mashed Potatoes Garden Fresh Salad Broccoli Dippers Choice of 1 Fruit Choice of 1 Milk
25 General TSO's Chicken Brown Rice Cheese Quesadilla Southern Green Beans Potato Wedges Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	26 Corndog OR Chicken Tetrizzini Warm Dinner Roll Sweet Corn Garden Fresh Salad Choice of 1 Fruit Choice of 1 Milk	27 Country Fried Steak OR Turkey Pot Pie Seasoned Pinto Beans Mashed Potatoes Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	28 Memphis Style Nachos* Chicken Parmesan Manager's Choice Vegetable Garden Fresh Salad Choice of 1 Fruit Choice of 1 Milk	29 Mini Chicken Sandwiches Cheese Enchilada w/ Doritos Chips Refried Beans Waffle Fries Broccoli Dippers Choice of 1 Fruit Choice of 1 Milk

This institution is an equal opportunity

Other Daily Lunch Options
 -PBJ Sandwich
 -Yogurt & Granola w/ String Cheese & Crackers
 -Chef Salads (Variety)

Lunch Consists of 5 Meal Components:
 -Choice of up to 1 entrée (meat/meat alternate, grain may be included)
 -Choice of up to 1 grain (may be included in the entrée)
 * A lunch must include at least 1/2 cup of fruit or a vegetable and 2 other full meal components to avoid paying a la carte.
 Students may choose 3 to 5 of the meal components for a complete meal.

-Choice of up to 2 vegetables*
 -Choice of 1 fruits
 -Choice of up to 1 milk