



# Hamilton County Elementary Schools

**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


## 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 student breakfast must include a fruit or juice and 2 other items to avoid paying a la carte. Students must take 3 items but may take all 5 items for a complete meal.


### Monday

 Mini Cinnamon Rolls <sup>30</sup>


 Breakfast Pizza Boat <sup>6</sup>


 Chicken Biscuit OR Plain Biscuit / Jelly <sup>13</sup>


**No School** <sup>20</sup>


 Breakfast Pizza Boat <sup>27</sup>


### Tuesday

 Scrambled Eggs, Turkey Bacon, Toast <sup>31</sup>


 Chicken Biscuit OR Plain Biscuit / Jelly <sup>7</sup>


 Hot Apple Pastry <sup>14</sup>


 Scrambled Eggs, Turkey Bacon, Toast <sup>21</sup>


 Chicken Biscuit OR Plain Biscuit / Jelly <sup>28</sup>

### Wednesday


 Chicken Biscuit OR Plain Biscuit / Jelly <sup>1</sup>


 Mini Maple Pancakes <sup>8</sup>


 Sausage Biscuit OR Plain Biscuit / Jelly <sup>15</sup>


 Chicken Biscuit OR Plain Biscuit / Jelly <sup>22</sup>

### Thursday


 Muffin w/ Oatmeal <sup>2</sup>

 Sausage Biscuit OR Plain Biscuit / Jelly <sup>9</sup>


 Breakfast Pizza <sup>16</sup>


 Muffin w/ Oatmeal <sup>23</sup>

### Friday

 Sausage Biscuit OR Plain Biscuit / Jelly <sup>3</sup>

 French Toast Sticks <sup>10</sup>

 Pancake on a Stick <sup>17</sup>

 Sausage Biscuit OR Plain Biscuit / Jelly <sup>24</sup>

# february 2017



### Additional Daily Breakfast Options

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



**Too tired for breakfast?:** Many people skip breakfast to sleep in just a few more minutes. In reality, you might be tired **because** you're skipping breakfast! The nutrients in breakfast provide fuel to wake you up, better than coffee or those few minutes of sleep!

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

This institution is an equal opportunity provider.

*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.*