

2017

CALENDAR YEAR / MONTH







































OCTOBER

LUNCH

Hamilton County Pre-Kindergarten Menu

Head Start, State/Title, & Exceptional Ed (CDC, etc.)

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

Monday	Tuesday	Wednesday	Thursday	Friday
25	26	27	28	29
<p>Lunch Includes: A Pre-K lunch must include a meat/meat alternate choice, a grain choice (if not included with the meat/meat alternate), 1/4 C of ONE vegetable choice, 1/4 C of ONE fruit choice as described below, and a choice of an unflavored fat-free milk OR an unflavored 1% milk. Head Start Pre-K students <u>must</u> take 1 choice from all 5 components at lunch. † State/Title and Exceptional Education (CDC, etc.) Pre-K will be provided their 1/4 C fruit component as a snack after lunch.</p>			<p>Other Daily Lunch Options -PBJ Sandwich with String Cheese and Crackers -Yogurt & Granola w/ String Cheese & Crackers</p>	<p>* = served with lettuce & tomato</p>
02	03	04	05	06
<p> Cheese Quesadilla  OR BBQ Rib Sandwich Roasted Potatoes OR Seasoned Broccoli OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Crispy Chicken Sandwich*  OR Hot Dog/Bun Curly Fries OR Coleslaw † Fruit Choice of 1 Milk</p>	<p> Potato Crusted Fish  OR Chicken Nuggets Country White Beans OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Corndog OR Hamburger/Bun* Sweet Corn OR Waffle Fries † Fruit Choice of 1 Milk</p>	<p>No School</p>
09	10	11	12	13
<p>FALL BREAK! NO SCHOOL!</p>				
16	17	18	19	20
<p> Crispy Chicken Sandwich* OR  Breaded Mozzarella Sticks w/Marinara Sauce Shoestring Fries OR Sweet Corn OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Cheese Pizza OR  Pepperoni Pizza OR  BBQ Rib Sandwich Homestyle Baked Beans † Fruit Choice of 1 Milk</p>	<p> Chicken Alfredo  OR Hamburger/Bun* Tater Tots OR Southern Green Beans OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Cheesy Garlic Bread  OR Chicken Teriyaki Sweet Potato Waffle Fries Seasoned Broccoli † Fruit Choice of 1 Milk</p>	<p> Popcorn Chicken OR  Salisbury Steak w/ Buttered Breadstick Mashed Potatoes OR Broccoli Dippers † Fruit Choice of 1 Milk</p>
23	24	25	26	27
<p> Beef Stroganoff OR  Chicken Fajita Sweet Corn OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Chicken Tetrzzini  OR Hamburger Potato Wedges OR Seasoned Green Beans † Fruit Choice of 1 Milk</p>	<p> Turkey Pot Pie OR  Country Fried Steak Seasoned Pinto Beans OR Mashed Potatoes OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Memphis Style Nachos*  OR Chicken Parmesan Steamed Broccoli † Fruit Choice of 1 Milk</p>	<p> General Tso's Chicken OR  Cheese Enchilada Refried Beans OR Waffle Fries OR Broccoli Dippers † Fruit, Choice of 1 Milk</p>
30	31	01	02	03
<p> Cheese Quesadilla  OR BBQ Rib Sandwich Roasted Potatoes OR Seasoned Broccoli OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Crispy Chicken Sandwich*  OR Hot Dog/Bun Curly Fries OR Coleslaw † Fruit Choice of 1 Milk</p>	<p> Potato Crusted Fish  OR Chicken Nuggets Country White Beans OR Carrot Dippers † Fruit Choice of 1 Milk</p>	<p> Corndog OR Hamburger/Bun* Sweet Corn OR Waffle Fries † Fruit Choice of 1 Milk</p>	<p> Cheese Pizza OR  Pepperoni Pizza  OR Chicken Drumstick Glazed Carrots OR Broccoli Dippers † Fruit Choice of 1 Milk</p>

 **Apple Crunch Day!**
 Fresh apples will be offered with meals and to purchase a la carte.