

2017

October

Lunch

Hamilton County
Middle, High, and Combination 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
02 Country Fried Steak/Roll OR Corndog Mashed Potatoes Seasoned Broccoli Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	03 Crispy Chicken Sandwich* OR Hot Dog/Bun w/ Chili Curly Fries Coleslaw Choice of 1-2 Fruits † Choice of 1 Milk	04 Meatloaf OR Chicken Nuggets Fresh Baked Biscuit Mashed Potatoes Southern Green Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	05 BBQ Rib Sandwich OR Potato Crusted Fish/Roll White Beans Glazed Carrots Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free gelatin	06 <div style="background-color: #f4a460; padding: 20px; text-align: center; font-size: 24px; font-weight: bold;">No School!</div>
Fall Break! No School!				
09	10	11	12	13
16 Crispy Chicken Sandwich* OR Hot Chicken Sandwich* OR Breaded Mozzarella Sticks w/ Marinara Sauce Seasoned Broccoli Potato Wedges, Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	17 Spaghetti & Meatballs General Tso's Chicken Breadstick, Brown Rice Sweet Potato Waffle Fries Garden Side Salad Choice of 1-2 Fruits † Choice of 1 Milk	18 Popcorn Chicken/Roll Memphis Style Nachos* Baked Beans Sweet Potato Waffle Fries Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	19 Italian Beef Sandwich Cheese Quesadilla Tater Tots Sweet Corn Choice of 1-2 Fruits † Choice of 1 Milk Cookie	20 Thick Crust Cheese Pizza Honey Siracha Chicken Brown Rice, Veggie Egg Roll Garden Fresh Salad Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
23 Pulled Pork Sandwich OR Mini Chicken Sandwiches Baked Potato Pinto Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	24 Chicken Parmesan Sandwich OR Potato Crusted Fish Warm Dinner Roll Steamed Broccoli Roasted Potatoes Choice of 1-2 Fruits † Choice of 1 Milk	25 Cheese Calzone OR Pepperoni Calzone OR Chicken Fajitas* Garden Fresh Salad Sweet Corn Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	26 Hamburger/Bun* OR Santa Fe Mac & Cheese Warm Dinner Roll Homestyle Baked Beans Crinkle Cut Fries Choice of 1-2 Fruits † Choice of 1 Milk	27 Buffalo Chicken Pizza OR Pork Carnita Tacos Garden Salad, Broccoli Dippers Sweet Potato Waffle Fries Choice of 1-2 Fruits † <div style="border: 1px solid green; border-radius: 10px; padding: 5px; background-color: #d9ead3; margin-top: 10px;"> Apple Crunch Day! Fresh apples will be offered with meals and </div>
30 Country Fried Steak/Roll OR Corndog Mashed Potatoes Seasoned Broccoli Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	31 Crispy Chicken Sandwich* OR Hot Dog/Bun w/ Chili Curly Fries Coleslaw Choice of 1-2 Fruits † Choice of 1 Milk	1 Meatloaf OR Chicken Nuggets Fresh Baked Biscuit Southern Green Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	2 BBQ Rib Sandwich OR Potato Crusted Fish/Roll White Beans Glazed Carrots Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free gelatin	3 Cheese Calzone OR Pepperoni Calzone OR Hamburger/Bun* Garden Side Salad Straight Cut Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk

This institution is an equal opportunity provider.

Lunch Consists of 5 Meal Components:
 -Choice of up to 1 entrée choice (meat/meat alternate, grain may be included) -Choice of up to 1 grain choice (may in entrée)
 -Choice of up to 2 vegetables* -Choice of 1-2 fruits+ -Choice of up to 1 milk
 - * 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.
 † Middle school students receive a maximum of 1 fruit with their lunch.

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