

September

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
28 Cheese Pizza OR Pepperoni Pizza OR Hamburger/Bun* Garden-Fresh Salad Crinkle Cut Fries Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	29 Corndog OR Cheese Quesadilla Sweet Golden Corn Southern Green Beans Choice of 1-2 Fruits † Choice of 1 Milk	30 Buffalo Chicken Pulled Pork Sandwich Baked Potato Creamy Coleslaw Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free gelatin	31 Beef Tacos* Mini Chicken Sandwiches Potato Wedges Refried Beans Choice of 1-2 Fruits † Choice of 1 Milk	01 Popcorn Chicken Brown Rice Cheesy Breadsticks Crinkle Cut Fries Stir-fry Vegetables Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
04 <div style="background-color: #8B4513; color: white; padding: 20px; text-align: center;"> <h3>Labor Day No School!</h3> </div>	05 Crispy Chicken Sandwich* OR Hot Dog/Bun w/ Chili Curly Fries Coleslaw Choice of 1-2 Fruits † Choice of 1 Milk	06 Meatloaf/Biscuit OR Chicken Nuggets/Roll Mashed Potatoes Southern Green Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	07 BBQ Rib Sandwich OR Chicken Alfredo Garlic Breadstick Sweet Corn Waffle Fries Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free gelatin	08 Cheese Calzone OR Pepperoni Calzone OR Buffalo Popcorn Chicken Warm Dinner Roll Garden Fresh Salad Glazed Carrots Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
11 Pulled Pork Sandwich OR Spanish Nachos* Seasoned Pinto Beans Roasted Potatoes Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	12 Mini Chicken Sandwiches OR Country Fried Steak Peppered Gravy Mashed Potatoes Sweet Corn Choice of 1-2 Fruits † Choice of 1 Milk	13 Hamburger/Bun* Chicken Teriyaki Veggie Egg Roll & Brown Rice Stir-fry Vegetables Sweet Potato Waffle Fries Choice of 1-2 Fruits † Choice of 1 Milk	14 Thin Crust Cheese Pizza OR Pepperoni Pizza OR Hot Chicken Wings Buttered Breadstick Sweet Corn Garden Fresh Salad Choice of 1-2 Fruits † Choice of 1 Milk	15 Chicken & Waffles OR Grilled Cheese Sandwich Tomato Soup Shoestring Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
18 Crispy Chicken Sandwich* OR Hot Chicken Sandwich* OR Breaded Mozzarella Sticks w/ Marinara Sauce Manager's Choice Vegetable Potato Wedges, Carrot Dippers Choice of 1 Fruit Choice of 1 Milk	19 Spaghetti & Meatballs Garlic Breadstick Turkey Corndog Southern Green Beans Garden Side Salad Choice of 1-2 Fruits † Choice of 1 Milk	20 Memphis Style Nachos* Honey Sracha Chicken Veggie Egg Roll & Brown Rice Baked Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	21 Italian Beef Sandwich Cheese Quesadilla Tater Tots Sweet Corn Choice of 1-2 Fruits † Choice of 1 Milk Cookie	22 Popcorn Chicken/Roll Thick Crust Cheese Pizza Sweet Potato Waffle Fries Garden Fresh Salad Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
25 Pulled Pork Sandwich OR Mini Chicken Sandwiches Baked Potato Pinto Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	26 Chicken Parmesan Sandwich OR Beef Stroganoff Warm Dinner Roll Manager's Choice Vegetable Roasted Potatoes Choice of 1-2 Fruits † Choice of 1 Milk	27 Cheese Calzone OR Pepperoni Calzone OR Chicken Fajitas* Garden Fresh Salad Sweet Corn Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	28 Hamburger/Bun* OR Santa Fe Mac & Cheese Buttered Breadstick Homestyle Baked Beans Crinkle Cut Fries Choice of 1-2 Fruits † Choice of 1 Milk	29 Buffalo Chicken Pizza OR Potato Crusted Fish Warm Dinner Roll Garden Fresh Salad Sweet Potato Waffle Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk

<p>This institution is an equal opportunity provider.</p>	<p>Other Daily Lunch Options -PBJ Sandwich -Yogurt & Granola w/ String Cheese & Crackers -Sub of the Day -Chef Salads (Variety)</p>	<p>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 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. † Middle school students receive a maximum of 1 fruit with their lunch.</p>
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