









































# January

## 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01	02	03	04	05
<b>Winter Break! No School!</b>				
08	09	10	11	12
 Crispy Chicken Sandwich*  OR Hot Chicken Sandwich* OR Manager's Choice Entrée & Grain Southern Green Beans Potato Wedges Choice of 1 Fruit Choice of 1 Milk	 Memphis Nachos OR  Popcorn Chicken/Roll Homestyle Baked Beans Curly Fries Choice of 1-2 Fruits † Choice of 1 Milk	 Potato Crusted Fish Sandwich  OR Chicken Alfredo w/Breadstick Sweet Potato Waffle Fries Seasoned Broccoli Choice of 1-2 Fruits † Choice of 1 Milk Cookie 	 Corn dog OR  Cheese Quesadilla Tater Tots Sweet Corn Choice of 1-2 Fruits † Choice of 1 Milk	 Honey Siracha Chicken Brown Rice OR  Thick Crust Cheese Pizza Sweet Potato Casserole Garden-Fresh Salad Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk
15	16	17	18	19
<b>Martin Luther King Day No School!</b>				
	 Meatloaf/Breadstick OR Manager's Choice Entrée & Grain Mashed Potatoes Southern Green Beans Choice of 1-2 Fruits † Choice of 1 Milk	 Chicken Fajitas OR  Cheese Calzone OR  Pepperoni Calzone Seasoned Broccoli Sweet Golden Corn Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	 Hamburger/Bun*  Santa Fe Mac & Cheese Warm Dinner Roll Homestyle Baked Beans Crinkle Cut Fries Choice of 1-2 Fruits † Choice of 1 Milk	 Buffalo Chicken Pizza  OR Pork Carnita Tacos Garden-Fresh Salad Sweet Potato Waffle Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk
22	23	24	25	26
 Country Fried Steak/Roll  OR Crispy Chicken Sandwich*  OR Hot Chicken Sandwich* Mashed Potatoes Southern Green Beans Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	 Potato Crusted Fish w/ Homemade Cornbread OR Manager's Choice Entrée & Grain Curly Fries Seasoned Pinto Beans Choice of 1-2 Fruits † Choice of 1 Milk Sugar-free Gelatin 	 Chicken Nuggets/Roll  Philly Cheesteak Sandwich Sweet Golden Corn Roasted Potatoes Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk	 BBQ Rib Sandwich OR  Chicken Tetrazzini w/ Breadstick Homestyle Baked Beans Sweet Potato Waffle Fries Choice of 1-2 Fruits † Choice of 1 Milk	 Cheese Calzone OR  Pepperoni Calzone OR Manager's Choice Entrée & Grain Seasoned Broccoli Manager's Choice Vegetable Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk
29	30	31	01	02
 BBQ Pulled Pork Sandwich  OR Spanish Nachos* Seasoned Pinto Beans Roasted Potatoes Carrot Dippers Choice of 1-2 Fruits † Choice of 1 Milk	 Mini Chicken Sandwiches OR Manager's Choice Entrée & Grain Southern Green Beans Manager's Choice Vegetable Choice of 1-2 Fruits † Choice of 1 Milk	 Hamburger/Bun*  OR Chicken Teriyaki w/ Brown Rice Sweet Golden Corn Waffle Fries Broccoli Dippers Choice of 1-2 Fruits † Choice of 1 Milk	 Thin Crust Cheese Pizza OR  Pepperoni Pizza OR  Roasted Chicken & Waffles  Sweet Potato Casserole Garden-Fresh Salad Choice of 1-2 Fruits † Choice of 1 Milk	 Hot Chicken Wings Buttered Breadstick OR Manager's Choice Entrée & Grain Shoestring Fries Manager's Choice Vegetable Choice of 1-2 Fruits † Choice of 1 Milk
<p><b>This institution is an equal opportunity provider.</b></p> <p>*Served with lettuce &amp; tomato</p>	<p>Lunch Consists of 5 Meal Components:</p> <ul style="list-style-type: none"> <li>-Choice of up to 1 entrée choice (meat/meat alternate, grain may be included)</li> <li>-Choice of up to 1 grain choice (may in entrée)</li> <li>-Choice of up to 2 vegetables*</li> <li>-Choice of 1-2 fruits+</li> <li>-Choice of up to 1 milk</li> </ul> <p>* 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>			<p><b>Other Daily Lunch Options</b></p> <ul style="list-style-type: none"> <li>-PBJ Sandwich</li> <li>-Yogurt &amp; Granola w/</li> <li>String Cheese &amp; Crackers</li> <li>-Chef Salads (Variety)</li> </ul>