

Hamilton Unified School District

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Lunch Menu SEPTEMBER, HERE COMES THE FALL !!!!

Aug 31, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Chicken Nugget Mac and Cheese CORN fruit fresh MILK - Variety	Sep - 2 Pizza Peperoni Garden Salad w/dressi fruit fresh CUCUMBER,RAW MILK - Variety
Sep - 5 HOLIDAY	Sep - 6 TACO,BEEF Refried Beans w/Chee Lettuce/Cheese Cup fruit fresh BROCCOLI SALAD MILK - Variety	Sep - 7 Spagetti Roll Garden Salad w/dressi BROCCOLI MILK - Variety	Sep - 8 Chicken Sandwich Fritos Garden Salad w/dressi PICKLES,DILL fruit fresh MILK - Variety	Sep - 9 Pizza Peperoni Garden Salad w/dressi BROCCOLI SALAD fruit fresh MILK - Variety
Sep - 12 Cheeseburger Fries Crinkle Lettuce Cup PICKLES,DILL Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 13 Beef Burrito Refried Beans w/Chee CUCUMBER,RAW fruit fresh MILK - Variety	Sep - 14 Turkey Casserole BROCCOLI Roll fruit fresh MILK - Variety	Sep - 15 Hot Dog w/Bun Cheese Shredded PICKLES,DILL Fritos Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 16 Pizza Peperoni Garden Salad w/dressi fruit fresh MILK - Variety
Sep - 19 Chicken Sandwich Fries Crinkle Garden Salad w/dressi PICKLES,DILL Lettuce Cup fruit fresh MILK - Variety	Sep - 20 Chicken Enchilada SPANISH RICE Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 21 Grilled Ham&Cheese S Fritos Broccoli fruit fresh MILK - Variety	Sep - 22 Corn Dog Fries Crinkle Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 23 Pizza Peperoni Garden Salad w/dressi Baby Carrots fruit fresh MILK - Variety
Sep - 26 Deli Turkey&Cheese w Lettuce Cup PICKLES,DILL Baby Carrots Fritos fruit fresh MILK - Variety	Sep - 27 Crunchy Taco Lettuce Cup Cheese Shredded Refried Beans w/Chee Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 28 Chicken Alfredo Dinner Roll CORN Garden Salad w/dressi MILK - Variety	Sep - 29 Cheeseburger Fries Crinkle Lettuce Cup PICKLES,DILL Baby Carrots fruit fresh MILK - Variety	Sep - 30 Pizza Peperoni Garden Salad w/dressi Baby Carrots fruit fresh MILK - Variety

All meals include, fresh fruit, vegetables and choice of Low Fat White Milk.
Menus are subject to change depending on availability

All Grains are Whole Grain Rich

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Hamilton Unified School District

Elementary Breakfast Menu SEPTEMBER

Here comes the Autumnal Equinox!!!!

Aug 31, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 cereal and cracker Breakfat Bar Choc/Ban Sausage Links fruit fresh MILK - Variety	Sep - 2 cereal and cracker Super Donut Hashbrowns fruit fresh MILK - Variety
Sep - 5 HOLIDAY	Sep - 6 cereal and cracker Breakfast Pizza fruit fresh MILK - Variety	Sep - 7 cereal and cracker French Toast Sticks Sausage Links fruit fresh MILK - Variety	Sep - 8 cereal and cracker PLAIN BAGEL CHEESE, CREAM Sausage Links fruit fresh MILK - Variety	Sep - 9 cereal and cracker WAFFLE STIX Hashbrowns fruit fresh MILK - Variety
Sep - 12 cereal and cracker Breakfast Pizza fruit fresh MILK - Variety	Sep - 13 cereal and cracker Banana Muffin Sausage Links fruit fresh MILK - Variety	Sep - 14 cereal and cracker Raspberry Churros Hashbrowns fruit fresh MILK - Variety	Sep - 15 cereal and cracker Sausage Muffin/Chees fruit fresh MILK - Variety	Sep - 16 cereal and cracker Breakfat Bar Choc/Ban Sausage Links fruit fresh MILK - Variety
Sep - 19 cereal and cracker Breakfast Pizza fruit fresh MILK - Variety	Sep - 20 cereal and cracker Super Donut fruit fresh MILK - Variety	Sep - 21 cereal and cracker Cinnamon Rolls Sausage Links fruit fresh MILK - Variety	Sep - 22 cereal and cracker PANCAKES Sausage Links fruit fresh MILK - Variety	Sep - 23 cereal and cracker Breakfat Bar Choc/Ban Hashbrowns fruit fresh MILK - Variety
Sep - 26 cereal and cracker Breakfast Pizza fruit fresh MILK - Variety	Sep - 27 cereal and cracker WAFFLE STIX Sausage Links fruit fresh MILK - Variety	Sep - 28 cereal and cracker Muffin choc/chip Sausage Links fruit fresh MILK - Variety	Sep - 29 cereal and cracker Bagel Oven Fresh w/w Sausage Links CHEESE, CREAM fruit fresh MILK - Variety	Sep - 30 cereal and cracker French Toast Sticks Syrup Sausage Links fruit fresh MILK - Variety

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Hamilton Unified School District

Boys And Girls Club Supper Menu, Welcome to the Fall!

SEPTEMBER 2022

Aug 31, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Spagetti Roll Veggies w/Ranch Garden Salad w/dressi Milk 1% Plain White	Sep - 2 Deli Ham&Cheese Fritos Garden Salad w/dressi CUCUMBER,RAW fruit fresh Milk 1% Plain White
Sep - 5 HOLIDAY	Sep - 6 Chicken Nuggets Fries Crinkle Broccoli fruit fresh Milk 1% Plain White	Sep - 7 Crunchy Taco Refried Beans w/Chee CORN fruit fresh Milk 1% Plain White	Sep - 8 Corn Dog Fries Crinkle Garden Salad w/dressi fruit fresh Milk 1% Plain White	Sep - 9 Deli Ham&Cheese Fritos CUCUMBER,RAW fruit fresh Milk 1% Plain White
Sep - 12 Beef Burrito SPANISH RICE Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 13 Spagetti Dinner Roll Garden Salad w/dressi CUCUMBER,RAW fruit fresh MILK - Variety	Sep - 14 Hot Dog w/Bun Fries Crinkle BROCCOLI SALAD fruit fresh MILK - Variety	Sep - 15 Sloppy Joe Lettuce Cup Cheese PICKLES,DILL Baby Carrots fruit fresh MILK - Variety	Sep - 16 Deli Ham&Cheese Fritos Broccoli fruit fresh MILK - Variety
Sep - 19 Mac&Cheese w/Ham Green Beans Dinner Roll fruit fresh MILK - Variety	Sep - 20 Cheese Burger PICKLES,DILL LETTUCE & TOMATO Fries Crinkle Baby Carrots fruit fresh MILK - Variety	Sep - 21 Turkey Casserole Roll CORN fruit fresh MILK - Variety	Sep - 22 Crunchy Taco Refried Beans w/Chee Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 23 Deli Ham&Cheese Fritos Baby Carrots Garden Salad w/dressi fruit fresh MILK - Variety
Sep - 26 Chicken Nuggets /Roll Mac and Cheese BROCCOLI SALAD fruit fresh MILK - Variety	Sep - 27 Chicken Sandwich Fries Crinkle Baby Carrots fruit fresh MILK - Variety	Sep - 28 Hot Dog w/Bun Fritos Garden Salad w/dressi Baby Carrots fruit fresh MILK - Variety	Sep - 29 Beefy Nachos Tortilla Chips Baby Carrots Garden Salad w/dressi fruit fresh MILK - Variety	Sep - 30 Deli Ham&Cheese Fritos Baby Carrots fruit fresh MILK - Variety

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