

Hamilton County School District February 2010

Prek - 6th Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger or Cheeseburger Oven Fries or Tater Tots Lettuce/Tomato Fresh Fruit Chilled Milk	2 Baked Chicken Seasoned Greens Steamed Rice/Gravy Cornbread Chilled Fruit Chilled Milk	3 Hot Dog Baked Beans Macaroni & Cheese Chilled Fruit Chilled Milk Early Dismissal	4 Chicken Stir Fry/ w Rice Egg Roll Chilled Fruit Chilled Milk	5 Pizza Whole Kernel Corn or Tossed Salad/Dressing Bosco Cheese Stix Chilled Fruit Chilled Milk
8 Beef Vegetable Soup w/Crackers PB & Jelly Sandwich Tossed Salad/Dressing /Crackers Chilled Fruit Chilled Milk	9 Chicken N Rice Steamed Cabbage Or Seasoned Greens Cornbread Fresh Fruit Chilled Milk	10 Fish Wedge Macaroni & Cheese Baked Beans Cole Slaw Chilled Fruit Chilled Milk	11 Ham & Potato Cheese Casserole or Ham & Cheese Melt Vegetable Medley Yeast Roll Fresh Fruit Chilled Milk	12 Chicken Tenders or Chicken Nuggets Oven Fries Chilled Fruit Chilled Milk
15 <i>President's Day Holiday</i>	16 Hamburger or Cheeseburger Oven Fries or Tater Tots Lettuce/Tomato Fresh Fruit Chilled Milk	17 Baked Chicken Seasoned Greens Steamed Rice/Gravy Cornbread Chilled Fruit Chilled Milk	18 Chicken Stir Fry/ w Rice Egg Roll Chilled Fruit Chilled Milk	19 Pizza Whole Kernel Corn or Tossed Salad/Dressing Bosco Cheese Stix Chilled Fruit Chilled Milk
22 Chili Con Carne w/ Crackers Tossed Salad/ w/ Salad Dressing Fresh Fruit Chilled Milk	23 Chicken Filet Sandwich Oven Fries Chilled Fruit Chilled Milk	24 Fish Wedge Macaroni & Cheese Baked Beans Cole Slaw Chilled Fruit Chilled Milk	25 Ham & Potato Cheese Casserole or Ham & Cheese Melt Vegetable Medley Yeast Roll Fresh Fruit Chilled Milk	26 Manager's Choice

Guess What?

Your heart can beat up to 40,000,000 times per year!
 Roller-skating involves all of the body's muscles, especially the heart, and provides a complete aerobic workout.

Announcements

Free & Reduced Applications are available for the 2009-2010 school year
 For more info. call 792-6523 or 792-6503

MEAL PAY PLUS
 Parents can now go online a make a prepayment to your student(s) meal account using a check, credit card, or debit card at www.mealpayplus.com or by calling 866-727-3508. You will need the student's school pin number.
 For more information call: 792-6523 or 792-6503

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