

# Hamilton Summer Breakfast Menu

| Monday  | Tuesday   | Wednesday  | Thursday                                       | Friday   |
|---|---|--|--|--|
| June 18<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>  | June 19<br>Mini Bagel<br>Vanilla Yogurt - Organic<br>Fresh Fruit                | June 20<br>Pancakes Minis<br>Fresh Fruit   | June 21<br>Muffin<br>Sunbutter<br>Fresh Fruit  | June 22<br><b>MEAL SERVICE UNAVAILABLE</b>                         |
| June 25<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>  | June 26<br>Breakfast Bar Nutrigrain<br>Vanilla Yogurt - Organic<br>Fresh Fruit  | June 27<br>Pancakes Minis<br>Fresh Fruit   | June 28<br>Muffin<br>Sunbutter<br>Fresh Fruit  | June 29<br><b>MEAL SERVICE UNAVAILABLE</b>                         |
| July 2<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>   | July 3<br>Mini Bagel<br>Vanilla Yogurt - Organic<br>Fresh Fruit                 | July 4<br><b>4th of July</b><br> | July 5<br><b>MEAL SERVICE UNAVAILABLE</b>      | July 6<br><b>MEAL SERVICE UNAVAILABLE</b>                          |
| July 9<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>   | July 10<br>Nutrigrain Breakfast Bar<br>Vanilla Yogurt - Organic<br>Fresh Fruit  | July 11<br>Pancakes Minis<br>Fresh Fruit   | July 12<br>Muffin<br>Sunbutter<br>Fresh Fruit  | July 13<br>Breakfast burrito<br>with egg & cheese<br>Fresh Fruit   |
| July 16<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>  | July 17<br>Mini Bagel<br>Vanilla Yogurt - Organic<br>Fresh Fruit                | July 18<br>Pancakes Minis<br>Fresh Fruit   | July 19<br>Muffin<br>Sunbutter<br>Fresh Fruit  | July 20<br>Breakfast burrito<br>with egg & cheese<br>Fresh Fruit   |
| July 23<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>  | July 24<br>Breakfast Bar Nutrigrain<br>Vanilla Yogurt - Organic<br>Fresh Fruit  | July 25<br>Pancakes Minis<br>Fresh Fruit   | July 26<br>Muffin<br>Sunbutter<br>Fresh Fruit  | July 27<br>Breakfast burrito<br>with egg & cheese<br>Fresh Fruit   |
| July 30<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b>  | July 31<br>Mini Bagel<br>Vanilla Yogurt - Organic<br>Fresh Fruit                | August 1<br>Pancakes Minis<br>Fresh Fruit  | August 2<br>Muffin<br>Sunbutter<br>Fresh Fruit | August 3<br>Breakfast burrito<br>with egg & cheese<br>Fresh Fruit  |
| August 6<br>Assorted Cereal<br>Sunflower Seeds<br>Fresh Fruit<br><b>MEATLESS MONDAY</b> | August 7<br>Breakfast Bar Nutrigrain<br>Vanilla Yogurt - Organic<br>Fresh Fruit | August 8<br>Pancakes Minis<br>Fresh Fruit  | August 9<br>Muffin<br>Sunbutter<br>Fresh Fruit | August 10<br>Breakfast burrito<br>with egg & cheese<br>Fresh Fruit |

Novato Unified School District  
Food and Nutritional Services



## Free Summer Meals!

### Almuerzos de Verano Gratis!


**Kids and teens 18 years under**

**Niños y adolescentes de 18 años y menos**

|  |  |
|--|--|
| <p>Hamilton Elementary School</p> <p>Monday - Thursday ONLY<br/>June 19<sup>th</sup> - August 9<sup>th</sup></p> <p>de lunes a jueves SOLAMENTE<br/>junio 19 a agosto 9</p> <p>Breakfast: 8:30am - 9:00am<br/>Desayuno: 8:30am hasta las 9:00</p> <p>Lunch: 12:00pm - 12:30pm<br/>Almuerzo: 12:00pm hasta las 12:30pm</p> <p>No service on July 3<sup>rd</sup> &amp; July 4<sup>th</sup> / No hay servicio el 3 de julio y 4 de julio</p> <p>Call/Ulame 415-493-5351<br/>Hamilton Elementary School<br/>5530 Nave Drive<br/>Novato, CA 94949</p> | <p>Lynwood</p> <p>Monday - Thursday ONLY<br/>June 19<sup>th</sup> - July 12<sup>th</sup></p> <p>de lunes a jueves SOLAMENTE<br/>junio 19 a julio 12</p> <p>Breakfast: 8:30am - 9:00am<br/>Desayuno: 8:30am hasta las 9:00</p> <p>Lunch: 12:00pm - 12:30pm<br/>Almuerzo: 12:00pm hasta las 12:30pm</p> <p>Call/Ulame 415-493-4454<br/>Lynwood<br/>1320 Lynwood Drive<br/>Novato, CA 94949</p> |
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**NOKID HUNGRY FANS**  
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**CLOVER MILK**

1% or Fat Free

Offered with all meals.

Does not contain Growth Hormone-rBST



**Small choices can make a big difference!** After this **Soda-Free Summer**, when you are thirsty, try replacing soda with **pure, free, refreshing water** as often as you can.

**Your body—and your children’s bodies—will thank you**

For more information at [www.novatofans.org](http://www.novatofans.org)