



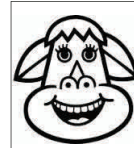
Hamilton Summer Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
July 8 Veggie Cheese Burger with cheese Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 9 Baked Chicken Tenders Cornbread Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 10 Home Style Cheese Pizza Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 11 Hot Turkey & Cheese on Ciabatta Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 12 Bean and Cheese Burrito Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk
July 15 Quesadillas Chips \ Salsa Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 16 Teriyaki Chicken Drumstick Whole Wheat Roll Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 17 Home Style Cheese Pizza Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 18 Deli Sandwich Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 19 BBQ Pork Rib Sandwich Vegetarian Chili Beans Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk
July 22 Veggie Cheese Burger with cheese Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 23 Baked Chicken Tenders Cornbread Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 24 Home Style Cheese Pizza Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 25 Hot Turkey & Cheese on Ciabatta Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 26 Bean and Cheese Burrito Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk
July 29 Quesadillas Chips \ Salsa Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 30 Teriyaki Chicken Drumstick Whole Wheat Roll Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	July 31 Home Style Cheese Pizza Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 1 Deli Sandwich Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 2 BBQ Pork Rib Sandwich Vegetarian Chili Beans Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk
August 5 Veggie Cheese Burger with cheese Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 6 Baked Chicken Tenders Cornbread Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 7 Home Style Cheese Pizza Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 8 Hot Turkey & Cheese on Ciabatta Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk	August 9 Bean and Cheese Burrito Fresh Seasonal Fruit Seasonal Veggies White 1% Milk White Fat Free Milk

Lunch Available:
11:30am to 12:15pm

Monday—Friday
July 8th —August 9th



CLOVER MILK

1% or Fat Free

Offered with all meals.

Does not contain Growth Hormone-rBST

For more information at www.novatofans.org



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