

APRIL 2023

Hamilton Community Schools

BREAKFAST



School Information:

*Menu subject to change

*This institution is an equal opportunity provider.



Nutrition Tip: Make Fruit More Appealing. Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Waffles
Fruit
4oz Juice
Milk

3

Pancakes Sausage
Fruit
4 oz Juice
Milk

4

Breakfast Bar
Fruit
4oz Juice
Milk

5

Eggs and Toast
Fruit
4oz Juice
Milk

6

Cereal
Fruit
4 oz Juice
Milk

7

Cereal Bar
Fruit
4oz Juice
Milk

10

Cinnamon Rolls
Fruit
4oz Juice
Milk

11

Breakfast wrap
Fruit
4oz Juice
Milk

12

Blueberry Cinnamon Twist
Fruit
4oz Juice
Milk

13

Biscuit and Gravy
Fruit
4oz Juice
Milk

14

Waffles
Fruit
4oz Juice
Milk

17

Pancakes Sausage
Fruit
4 oz Juice
Milk

18

Breakfast Bar
Fruit
4oz Juice
Milk

19

Eggs and Toast
Fruit
4oz Juice
Milk

20

Cereal
Fruit
4oz Juice
Milk

21

Cereal Bar
Fruit
4oz Juice
Milk

24

Cinnamon Rolls
Fruit
4oz Juice
Milk

25

Breakfast Wrap
Fruit
4oz Juice
Milk

26

Blueberry Cinnamon Twist
Fruit
4oz Juice
Milk

27

Biscuit and Gravy
Fruit
4oz Juice
Milk

28