



MARCH | 2019

Rose Hamilton Elementary School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

25

March 4th-8th is National School Breakfast Week!
Come to school early and have school breakfast
featuring new menu items all week long!

26

5 Taco Tuesday!
Hard Shell Tacos with
Shredded Cheese
Black Beans
Cauliflower
Orange Slices Milk

27

6 Lasagna Roll-Ups with
WG Garlic Bread
Broccoli
Grapes
Milk

28

7 Homemade Chicken
& Noodles with
WG Dinner Roll
Mashed Potatoes & Gravy
Corn
Orange Slices
Milk

1

WG Pizza Bar!
Side Salad
Lima Beans
Strawberries
Milk

4

Italian Meatballs with
Marinara Sauce
WG Breadstick
Green Beans
Peaches
Milk

5

12 Walking Taco with
Doritos/Fritos and Shrd
Cheese
Black Beans & Mixed
Veggies
Orange Slices
Milk

6

13 WG Mini Bosco
Sticks with Pizza Sauce
Green Beans
Pineapple
Cookie
Milk

7

14 Chef Salad with
WG Dinner Roll
Pears
Milk

8

WG Cheese Pizza
Bagel Bites
Cauliflower
Carrot Sticks
Fruit Slushie
Milk

11

WG Spaghetti with WG
Garlic Bread
Peas
Peaches
Milk

12

19 Beef N' Cheddar
Nachos on WG Tortilla Chips
with Shrd Cheese
Baked Beans
Corn
Banana Milk

13

20 WG Jumbo Popcorn
Chicken Bites
Broccoli with Cheese Sauce
Pears
Brownie
Milk

14

21 WG French Toast
Sticks with Syrup
Canadian Bacon
Hashbrown Smiles
Fruit Juice
Milk

15

WG Big Daddy's
Cheese Pizza
Baked Beans
Lima Beans
Grapes
Milk

18

Salisbury Steak with
WG Dinner Roll
Mashed Potatoes & Gravy
Cooked Carrots
Peaches
Milk

19

22 WG Tony's
Cheese Pizza
Green Beans
Grapes
Fruit Slushie
Milk

20

25 You must be pre-approved to receive free or reduced price meals. Contact
Wanda McConaha at 855-3475 or print the Application for Free and Reduced
Meals from the school website. Completed applications can be turned in at the
Admin Building, CAE main office, CAE cafeteria, or to your student's teacher.

21

26 To see a copy of our
Powerlunch & Alternate Meal
Policy, please visit our
Cafeteria Menu page on the
school website under Parent
Resources.

22

28 This menu is subject to
change without notice.

29

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Meal Prices

Lunch: \$2.25
Reduced Lunch: \$0.40
Adult Lunch: \$3.00
Milk only: \$0.60

B Option

Monday- WG Chicken
Nuggets
Tuesday- Hot Dog on WG
Bun
Wednesday- Ravioli
Thursday- Hamburger on
WG Bun
Friday- No Alternate
*Grilled cheese
sandwiches on WG bread
are available daily as a C
option.

All Centerville-Abington
Community School lunch menus
are in agreeance with the
Healthy Hunger-Free Kids Act of
2010. Nutrition Standards apply
to all foods sold within the
National School Lunch Program
and all competitive foods sold as
ala carte items.

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