



OCTOBER | 2018

Rose Hamilton Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 WG Spaghetti with WG Garlic Bread Peas Peaches Milk	2 Walking Taco with Doritos/Fritos and Shrd Cheese Black Beans & Mixed Veggies Orange Slices Milk	3 WG Mini Bosco Sticks with Pizza Sauce Green Beans Pineapple Cookie Milk	4 Chef Salad with WG Dinner Roll Pears Milk	5 WG Big Daddy's Cheese Pizza Baked Beans Lima Beans Grapes Milk
8 Salisbury Steak with WG Dinner Roll Mashed Potatoes & Gravy Peas Peaches Milk	9 Beef N' Cheddar Nachos on WG Tortilla Chips with Shrd Cheese Baked Beans Corn Banana Milk	10 WG Jumbo Popcorn Chicken Bites Broccoli with Cheese Sauce Pears Brownie Milk	11 WG French Toast Sticks with Syrup Canadian Bacon Hashbrown Smiles Fruit Juice Milk	12 WG Tony's Cheese Pizza Green Beans Grapes Fruit Slushie Milk
15 WG Chicken Patty Sandwich on WG Bun Mashed Potatoes & Gravy Corn Applesauce Milk	16 Taco Tuesday! Hard Shell Tacos with Shredded Cheese Black Beans Cauliflower Orange Slices Milk	17 Yogurt, String Cheese and WG Goldfish Crackers Broccoli with Cheese Sauce Mixed Fruit Milk	18 WG Corn Dog Sweet Potato Tots Green Beans Apple Slices Milk	19 WG Pizza Bar! Side Salad Lima Beans Strawberries Milk
22	23	24	25	26
Fall Break – No School!				
29 Italian Meatballs with Marinara Sauce WG Breadstick Green Beans Peaches Milk	30 Chicken & Waffle Bites with Syrup Baked Beans Hashbrown Mixed Berries Milk	31 Lasagna Roll-Ups with WG Garlic Bread Broccoli Grapes Milk		

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.

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, RHE main office, RHE cafeteria, or to your student's teacher.