



# JANUARY | 2019

## Rose Hamilton Elementary School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>31</b> 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.</p>			<p><b>3</b></p>	<p><b>4</b> To see a copy of our Powerlunch &amp; Alternate Meal Policy, please visit our Cafeteria Menu page on the school website under Parent Resources.</p>
<p><b>7</b> Italian Meatballs with Marinara Sauce WG Breadstick Green Beans Peaches Milk</p>	<p><b>8</b> Chicken &amp; Waffle Bites with Syrup Baked Beans Hashbrown Mixed Berries Milk</p>	<p><b>9</b> Lasagna Roll-Ups with WG Garlic Bread Broccoli Grapes Milk</p>	<p><b>10</b> Homemade Chicken &amp; Noodles with WG Dinner Roll Mashed Potatoes &amp; Gravy Corn Orange Slices Milk</p>	<p><b>11</b> WG Cheese Pizza Bagel Bites Cauliflower Carrot Sticks Fruit Slushie Milk</p>
<p><b>14</b> WG Spaghetti with WG Garlic Bread Peas Peaches Milk</p>	<p><b>15</b> Walking Taco with Doritos/Fritos and Shrd Cheese Black Beans &amp; Mixed Veggies Orange Slices Milk</p>	<p><b>16</b> WG Mini Bosco Sticks with Pizza Sauce Green Beans Pineapple Cookie Milk</p>	<p><b>17</b> Chili with Cornbread and WG Crackers Broccoli Pears Milk</p>	<p><b>18</b> WG Big Daddy's Cheese Pizza Baked Beans Lima Beans Grapes Milk</p>
<p><b>21</b> Salisbury Steak with WG Dinner Roll Mashed Potatoes &amp; Gravy Cooked Carrots Peaches Milk</p>	<p><b>22</b> Beef N' Cheddar Nachos on WG Tortilla Chips with Shrd Cheese Baked Beans Corn Banana Milk</p>	<p><b>23</b> WG Jumbo Popcorn Chicken Bites Broccoli with Cheese Sauce Pears Brownie Milk</p>	<p><b>24</b> WG French Toast Sticks with Syrup Canadian Bacon Hashbrown Smiles Fruit Juice Milk</p>	<p><b>25</b> WG Tony's Cheese Pizza Green Beans Grapes Fruit Slushie Milk</p>
<p><b>28</b> WG Chicken Patty Sandwich on WG Bun Mashed Potatoes &amp; Gravy Corn Applesauce Milk</p>	<p><b>29</b> Kitchen's Choice Vegetable Fruit Milk</p>	<p><b>30</b> Yogurt, String Cheese and WG Goldfish Crackers Broccoli with Cheese Sauce Mixed Fruit Milk</p>	<p><b>31</b> Hot Ham &amp; Cheese Croissant Roll-Up Sweet Potato Tots Green Beans Apple Slices Milk</p>	<p><b>1</b> WG Pizza Bar! Side Salad Lima Beans Strawberries Milk</p>

### 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.

**This menu is subject to change without notice.**