



GO AMHERST COMETS!

January 2023 AJH Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW YEAR HOLIDAY 2 	3 BONELESS WINGS BAKED SMILES AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	4 CHICKEN PATTY W/ WAFFLE FRIES AJH PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK	5 BOSCO STICKS w/marinara AJH PIZZA SALAD LUNCH VEG/FRUIT CHOICES TREAT MILK	6 CHEESEBURGER W/ BAKED CHIPS PIZZA CRUNCHERS SALAD LUNCH FRUIT/VEG CHOICES BAKED BEANS/MILK
9 WALKING TACO SALAD LUNCH FRENCH BREAD PIZZA Rice and refried beans FRUIT/VEG CHOICES MILK	10 POPCORN CHICKEN W/ TRI TATERS AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	11 CHICKEN PATTY W/ BAKED SMILES AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	12 MACARONI AND CHEESE W/A SOFT PRETZEL AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK/TREAT	13 INSERVICE DAY
Martin Luther King Jr. Day 16 	17 MINI CORN DOGS W/ SMILES AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	18 CHICKEN PATTY W/ TATER TOTS AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	19 MOZZARELLA STICKS w. MARINARA SAUCE AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES TREAT /MILK	20 CORN DOG W/ CHIPS PIZZA CRUNCHERS SALAD LUNCH FRUIT/VEG CHOICES BAKED BEANS/MILK
23 FIESTADAS SALAD LUNCH FRENCH BREAD PIZZA REFRIED BEANS/RICE FRUIT/VEG CHOICES MILK	24 CHICKEN TENDERS BAKED SMILES AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	25 CHICKEN PATTY W/ TRI TATERS AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	26 Pasta with meat sauce/roll or Stromboli w/ marinara sauce SALAD LUNCH AJH PIZZA FRUIT/VEG CHOICES MILK	27 HOT DOG W. BAKED CHIPS PIZZA CRUNCHERS SALAD LUNCH FRUIT/VEG CHOICE BAKED BEANS/ MILK
30 BEEFY CHEESY NACHOS FRENCH BREAD PIZZA FIESTA RICE REFRIED BEANS FRUIT/VEG CHOICES MILK	31 POPCORN CHICKEN BOWL W/ mashed potatoes and corn AJH PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	<i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>	Cost for Breakfast \$2.35 Cost Lunch \$3.60 Reduced cost Breakfast \$.30 Lunch \$.40 Milk by itself costs \$.50. Please visit www.payschoolscentral.com to add money to your child's account.	OFFERED DAILY: Pizza PB & J Sandwich ASSORTED FRUIT CHOICES ASSORTED MILK

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Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:

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