

GO AMHERST COMETS!

SEPTEMBER AJH Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CHICKEN PATTY/FRIES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG CHOICES milk	2 Popcorn chicken/SMILES CHEESE/PEP. PIZZA SALAD LUNCH FRUIT/VEG CHOICES milk	3 Italian toasted cheese/tots CHEESE/PEP. PIZZA SALAD LUNCH FRUIT/VEG. CHOICES milk	4 CHEESEBURGER/ baked chips STUFFED CRUST PIZZA SALAD LUNCH FRUIT/VEG. CHOICES BAKED BEANS MILK
No School 7	8 CHICKEN PATTY/FRIES FRENCH BREAD PIZZA SALAD LUNCH FRUIT/VEG. CHOICES milk	9 CHICKEN RINGS/SMILES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG. CHOICES	10 Mozzarella Sticks w/marinara PEP. ROLLS W/ MARINARA SALAD LUNCH FRUIT/VEG. CHOICES DESSERT MILK	11 Hot Dog/baked chips PEP/CHEESE PIZZA SALAD LUNCH BAKED BEANS milk
14 WALKING TACO FRENCH BREAD PIZZA SALAD LUNCH Fiesta Rice/Refried beans FRUIT/VEG. CHOICES MILK	15 CHICKEN PATTY/FRIES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG. CHOICES milk	16 CHICKEN FRYZ/SMILES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG. CHOICES milk	17 ITALIAN SUB/TATER TOTS PEP. ROLSS W/ MARINARA SALAD LUNCH FRUIT/VEG. CHOICES milk	18 CORN DOG/BAKED CHIPS STUFFED CRUIST PIZZA SALAD LUNCH FRUIT/VEG CHOICES BAKED BEANS MILK
21 BEEFY CHEESY NACHOS FRENCH BREAD PIZZA SALAD LUNCH Fiesta Rice w/refried beans FRUIT/VEG. CHOICES MILK	22 CHICKEN PATTY/FRIES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG CHOICES milk	23 CHICKEN NUGGETS/SMILES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG CHOICES milk	24 MAC. AND CHEESE/ROLL PEP. ROLL W/ MARINARA SALAD LUNCH FRUIT/VEG CHOICES milk	25 Spicy Chicken Patty OR Toasted Cheese/TATER TOTS CHEESE/PEP. PIZZA FRUIT/VEG CHOICES MILK
28 Fiestadas FRENCH BREAD PIZZA SALAD LUNCH Fiesta Rice/ Refried beans FRUIT/VEG.CHOICES MILK	29 CHICKEN PATTY/FRIES CHEESE/PEP PIZZA SALAD LUNCH FRUIT/VEG CHOICES milk	30 Sub Sandwiches/SMILES CHEESE/ PEP PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK	OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich ASSORTED FRUIT CHOICES ASSORTED MILK	<i>Lunch price of \$3.50 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>

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Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:
deanne_pastva@amherstk12.org