



GO AMHERST COMETS!

February AJH Lunch Menu

Menu subject to change
WEDNESDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beefy Cheesy Nachos or French Bread pizza Salad Lunch Fiesta Rice w/Refried Beans FRUIT/VEG CHOICES MILK	2 BBQ Riblet/waffle fries PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK	3 CHICKEN PATTY PIZZA BAKED SMILES SALAD LUNCH FRUIT/VEG CHOICES MILK	4 Mac. and cheese/soft pretzel Pizza SALAD LUNCH FRUIT/VEG CHOICES MILK	5 Hot Dog/chips SALAD LUNCH STUFFED CRUST PIZZA BAKED BEANS FRUIT/VEG CHOICES MILK
8 Fiestada FRENCH BREAD PIZZA SALAD LUNCH Fiesta Rice/Refried beans FRUIT/VEG CHOICES MILK	9 CHICKEN NUGGETS PIZZA SALAD LUNCH potato wedges FRUIT/VEG CHOICES MILK	10 CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUIT/VEG CHOICES MILK	11 Mozzarella Sticks/Marinara PIZZA SALAD LUNCH DESSERT milk	12 No School 
15 President's Day 	16 CHICKEN FRYZ PIZZA BAKED TATER TOTS SALAD LUNCH FRUIT/VEG CHOICES MILK	17 ASH WEDNESDAY FISH SANDWICH CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUIT/VEG CHOICES MILK	18 Bosco Sticks w/Marinara PIZZA SALAD LUNCH FRUIT/VEGS CHOICES milk	19 Spicy chicken patty/chips SALAD LUNCH FISH SANDWICH STUFFED CRUST PIZZA BAKED BEANS FRUIT/VEG CHOICES MILK
22 Walking Taco FRENCH BREAD PIZZA SALAD LUNCH FRUIT/VEG CHOICES Fiesta rice/refried beans MILK	23 POPCORN CHICKEN PIZZA SALAD LUNCH BAKED TRI TATER S FRUIT/VEG CHOICES MILK	24 CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUITVEG CHOICES MILK	25 Toasted cheese/tots PIZZA SALAD LUNCH FRUIT/VEGS CHOICES milk	26 CHEESEBURGER/chips STUFFED CRUST PIZZA SALAD LUNCH FISH SANDWICH BAKED BEANS FRUIT/VEG CHOICES MILK
			OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich SALAD BAR ASSORTED FRUIT CHOICES ASSORTED MILK	<i>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i>

USDA is an equal opportunity provider and employer

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

deanne_pastva@amherstk12.org