






GO AMHERST COMETS!

OCTOBER AJH Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich SALAD BAR ASSORTED FRUIT CHOICES ASSORTED MILK	1 CHATTERBOX LUNCH CHICKEN NUGGETS Spicy Chicken Patty Comet Star Fries	2 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Bowl Mashed Potatoes w/gravy Corn	3 CHATTERBOX LUNCH MOZZARELLA STICKS W/ MARINARA SAUCE OR MEATBALL SUB DESSERT	4 Cheeseburger or BBQ Pulled Pork Corn Dog Baked Beans tortilla scoops
7 CHATTERBOX LUNCH Fiestada or Beef Burrito Fiesta Rice w/refried beans	8 CHATTERBOX LUNCH CHICKEN STICKS Crispy Chicken snack Wrap Baked Tater Tots	9 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Baked Potato Smiles	10 ITALIAN SUBS Pasta w/meatsauce w/ brd stick Chicken Parmesan Sandwich DESSERT	NEOEADAY 11 
14	15	16	17	18
NATIONAL SCHOOL LUNCH WEEK - WHAT'S ON YOUR PLAYLIST?				
CHATTERBOX LUNCH QUESADILLA or WALKING TACO or Fiesta Rice w/refried beans 	BREAKFAST FOR LUNCH breakfast sandwiches breakfast pizza Baked tri - taters 	CHATTERBOX LUNCH Popcorn chicken bowl CHicken Patty Mashed Potatoes w/gravy Corn	ITALIAN SUBS LASAGNA OR CHEESE RAVIOLI W/ A BREADSTICK DESSERT 	Cheeseburger BBQ PULLED PORK TOASTED CHEESE Baked Beans 
21 CHATTERBOX LUNCH Mexican sampler Beefy Cheesy Nachos or FIESTA Rice w/Refried Beans	22 CHATTERBOX LUNCH BBQ Riblet CHICKEN RINGS Baked Tater Tots	23 SUB SANDWICHES Chicken Patty Baked Potato Smiles	24 MACARONI & CHEESE W/A BREAD STICK OR Mozzarella Sticks w/marinara DESSERT	25 HOT DOG OR Cheeseburger Baked Beans tortilla scoops
28 CHATTERBOX LUNCH CRSIPITOS TACO SALAD FIESTA RICE REFRIED BEANS	29 CHATTERBOX LUNCH CHICKEN NUGGETS Spicy Chicken Patty Comet Star Fries	30 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Bowl Mashed Potatoes w/gravy Corn	31 CHATTERBOX LUNCH MOZZARELLA STICKS W/ MARINARA SAUCE OR MEATBALL SUB DESSERT	

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