

GO AMHERST COMETS!		NOVEMBER		AJH Lunch Menu	
		Menu subject to change			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich SALAD BAR	<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>			1	2
ASSORTED FRUIT CHOICES			CHATTERBOX LUNCH	CHATTERBOX LUNCH	
ASSORTED MILK			MOZZARELLA STICKS w/ MARINARA SAUCE	CHEESEBURGER	
			MEATBALL SUB	BBQ PULLED PORK	
			MILK	Baked Beans	
				Baked potato smiles	
				MILK	
5	6	7	8	9	
CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	Conferences 	
FIESTADA	CHICKEN STICKS	CHICKEN PATTY	Pasta w/meatsauce w/brd stick		
BEEF BURRITO	Crispy Chicken Wrap	POPCORN CHICKEN	or Chicken Parm.Sandwich		
Fiesta Rice w/refried beans	Baked Tater tots	Baked Potato Smiles	CHILI WITH CORNBREAD		
MILK	MILK	MILK	milk		
12	13	14	HAPPY THANKSGIVING 15	16	
CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	Turkey and gravy or	CHATTERBOX LUNCH	
TACO WEDGES	CHICKEN RINGS	POPCORN CHICKEN	Popcorn chicken Bowl	HOT DOG	
WALKING TACO	Grilled Chicken on a bun	CHICKEN PATTY	Corn, stuffing,sweet potatoes	CHEESEBURGER	
Fiesta Rice w/refried beans	CHICKEN PATTY	TATER TOTS	roll	Baked Beans	
MILK	potato coins	MILK	Fall dessert	Baked potato smiles	
	milk		milk	Milk	
19	20				
CHATTERBOX LUNCH	CHATTERBOX LUNCH				
MEXICAN SAMPLER	BBQ RIBLET				
BEEFY CHEESY NACHOS	CHICKEN TENDERS				
FIESTA RICE/REFRIED BEANS	BAKED TATER TOTS				
MILK	MILK				
26	27	28	29	30	
CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	CHATTERBOX LUNCH	
CRISPITOS	WG CHICKEN NUGGETS	POPCORN CHICKEN BOWL	MOZZARELLA STICKS w/	CHEESEBURGER	
TACO SALAD	SPICY CHICKEN PATTY	CHICKEN PATTY	MARINARA SAUCE	BBQ PULLED PORK	
FIESTA RICE	COMET STAR FRIES	MASHED POTATOES/GRAVY	MEATBALL SUB	Baked Beans	
REFRIED BEANS	MILK	CORN	MILK	Baked potato smiles	
MILK		MILK		MILK	
This institution is an equal opportunity provider					
Email Deanne Pastva, RD, LD with any questions about the National School Breakfast & Lunch Programs:					
deanne_pastva@amherstk12.org					