

GO AMHERST COMETS!

SEPTEMBER AJH Lunch Menu

2019

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>No School</i> 2	3 CHATTERBOX LUNCH CHICKEN NUGGETS Spicy Chicken Patty Comet Star Fries	4 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Bowl Mashed Potatoes w/gravy Corn	5 CHATTERBOX LUNCH MOZZARELLA STICKS W/ MARINARA SAUCE OR MEATBALL SUB DESSERT	6 Cheeseburger or BBQ Pulled Pork Corn Dog Baked Beans Baked potato Smiles
9 CHATTERBOX LUNCH CRSIPITOS TACO SALAD FIESTA RICE REFRIED BEANS MILK	10 CHATTERBOX LUNCH CHICKEN NUGGETS Spicy Chicken Patty Comet Star Fries	11 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Bowl Mashed Potatoes w/gravy Corn	12 CHATTERBOX LUNCH MOZZARELLA STICKS W/ MARINARA SAUCE OR MEATBALL SUB MILK	13 Cheeseburger on a WG bun or BBQ Pulled Pork/WG bun or WG Corn Dog Baked Beans Baked potato Smiles
16 CHATTERBOX LUNCH Fiestada or Beef Burrito Fiesta Rice w/refried beans MILK	17 CHATTERBOX LUNCH CHICKEN STICKS Crispy Chicken Wrap Baked Tater Tots	18 CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Baked Potato Smiles	19 CHATTERBOX LUNCH Pasta w/meatsauce w/ brd stick or Chicken Parmesan Sandwich Chili with Cornbread Milk	20 Hot Dog on a WG bun or Toasted Cheese Sandwich or Cheeseburger on a WG bun Baked Beans Tri Taters
23 CHATTERBOX LUNCH TACO WEDGES or WALKING TACO or Fiesta Rice w/refried beans MILK	24 CHATTERBOX LUNCH CHICKEN RINGS Grilled Chicken on a bun Baked potato coins MILK	25 CHATTERBOX LUNCH Popcorn chicken bowl CHicken Patty Mashed Potatoes w/gravy Corn MILK	26 CHATTERBOX LUNCH LASAGNA OR CHEESE RAVIOLI W/ A BREADSTICK MILK	27 Cheeseburger BBQ PULLED PORK TOASTED CHEESE Baked Beans Baked Potato Smiles Milk
30 CHATTERBOX LUNCH Mexican sampler Beefy Cheesy Nachos or FIESTA Rice w/Refried Beans			OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich SALAD BAR 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>

This institution is an equal opportunity provider

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

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