



	<p><i>Lunch price of \$3.50 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>			<p>1 Comet Patty Bar Spicy grilled or breaded chicken Comet Stars Toppings Bar Salad Bar Fruit Bar Milk</p>
<p>4 Two ultra grain Comet Chicken tender wraps Baked potato smiles Salad bar Fruit bar Milk</p>	<p>5 Beefy cheese nachos or Taco salad bar Snickerdoodle cookie Refried beans Salad Bar Fruit Bar Milk</p>	<p>6 Sweet Chili Thai chicken Brown rice or Lo Mein noodles Stir fry vegetables, Fortune cookies Salad bar Fruit bar Milk</p>	<p>7 Hot Italian sub sandwich or Italian toasted cheese Tomato basil soup w/spicy goldfish Spiral fries Salad bar Fruit bar Milk</p>	<p>8 Gyros- seasoned Turkey or lamb Lettuce, tomato onion and tzatziki Loaded Footlong Hot Dog French Fries Salad Bar Fruit Bar Milk</p>
<p>11 Chicken Chunks Mashed Potatoes, carrot coins Berry Crisp Eight Grain dinner roll Salad Bar Fruit Bar Milk</p>	<p>12 Chipotle chicken or beef Cilantro rice, black beans Corn, salsa and cheese Snickerdoodle cookie Salad bar Fruit bar Milk</p>	<p>13 Tangerine chicken Asian brown rice or Lo mein Noodles, fortune cookie Sesame broccoli Salad bar Fruit bar Milk</p>	<p>14 Fettuccine w/ Chicken Alfredo or Lasagna rolls Sugar snap peas WG dinner roll Salad bar Fruit bar Milk</p>	<p>15 Comet Burger Bar Seasoned potato wedges Topping Bar to include chili, cheese lettuce, onions, pickles Salad Bar Fruit Bar Milk</p>
<p>18 Waffle fries or baked Potato topped Pulled pork or Chili and toppings or Meatloaf Sandwich waffle fries Salad Bar Fruit Bar Milk</p>	<p>19 Mexican Straw Hats Fritos with meat beans and cheese Shredded lettuce and toppings or Taco Salad Bowl Snickerdoodle Cookie Salad and Fruit bar Milk</p>	<p>20 Sriracha chicken Brown rice or lo mein noodles Stir fry vegetables Fortune Cookies Salad bar Fruit bar Milk</p>	<p>21 Lasagna with meat sauce w/breadstick or Ravioli Sicilian vegetables Salad bar Fruit bar Milk</p>	<p>22 BBQ pork or Toasted Cheese Sweet Potato &amp; Regular Tater Tots Tomato soup with Spicy Crackers Salad bar Fruit bar Milk</p>
<p>Holiday Dinner 25 Turkey w/gravy, Stuffing, Mashed Potatoes, carrot coins Dinner Roll Salad Bar Fruit Bar Holiday Dessert Milk</p>	<p>26 Chicken quesadillas Fiesta rice and beans, WG tortilla Chips and Salsa Snickerdoodle cookie Salad Bar Fruit Bar Milk</p>	<p>27 No School</p>	<p>Happy Thanksgiving 28 </p>	<p>29 No School</p>

This institution 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](mailto:deanne_pastva@amherstk12.org)