






2	3	4	5	6
Two ultra grain Comet	Beefy cheese nachos or	Sweet Chili Thai chicken	Hot Italian sub sandwich or	Cavatappi mac and three cheese
Chicken tender wraps	Taco salad bar	Brown rice or	Italian toasted cheese	WG. Dinner roll or
Baked potato smiles	Snickerdoodle cookie	Lo Mein noodles	Tomato basil soup w/spicy goldfish	Loaded Footlong Hot Dog with baked beans and french fries
Salad bar	Refried beans	Stir fry vegetables, Fortune cookies	Spiral fries	Salad Bar
Fruit bar	Salad Bar	Salad bar	Salad bar	Fruit Bar
Milk	Fruit Bar	Fruit bar	Fruit bar	Fruit Bar
Milk	Milk	Milk	Milk	Milk
9	10	11	12	13
Chicken Chunks	Chipotle chicken or beef	Tangerine chicken	Fettuccine w/ Chicken Alfredo or	Comet Burger Bar
Mashed Potatoes, carrot coins	Cilantro rice, black beans	Asian brown rice or Lo mein	Lasagna rolls	Seasoned potato wedges
Berry Crisp	Corn, salsa and cheese	Noodles, fortune cookie	Sugar snap peas	Topping Bar to include chili, cheese
Eight Grain dinner roll	Snickerdoodle cookie	Sesame broccoli	WG dinner roll	lettuce, onions, pickles
Salad Bar	Salad bar	Salad bar	Salad bar	Salad Bar
Fruit Bar	Fruit bar	Fruit bar	Fruit bar	Fruit Bar
Milk	Milk	Milk	Milk	Milk
Holiday Dinner	16	17	18	19
Turkey w/gravy, Stuffing,	Mexican Straw Hats	Sirairacha Chicken		20
Mashed Potatoes, carrot coins	Fritos with meat beans and cheese	Asian brown rice or Lo mein	Steele Finals	Steele Finals
Dinner Roll	Shredded lettuce and toppings	Noodles, fortune cookie	Grab and Go Breakfast and Lunch	Grab and Go Breakfast and Lunch
Salad Bar	or Taco Salad Bowl	Stir fry vegetables	Snack Shack open 7:15am-12:30pm	Snack Shack open 7:15am-12:30pm
Fruit Bar	Snickerdoodle Cookie	Fortune Cookies		
Holiday Dessert	Salad and Fruit Bar	Salad and Fruit Bar		
Milk	Milk	Milk		
23	24	25	26	27
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
<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>				
30	31	1	2	3
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
				

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)