



GO AMHERST COMETS!

January AJH Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich</p> <p>SALAD BAR ASSORTED FRUIT CHOICES ASSORTED MILK</p>	<p>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.</p>	<p>NEW YEARS DAY 1</p> 	2	3
<p>6</p> <p>CHATTERBOX LUNCH FIESTADAS Beefy Cheesy Nachos or FIESTa Rice w/Refried Beans</p>	<p>7</p> <p>CHATTERBOX LUNCH BBQ Riblet CHICKEN RINGS Baked Tater Tots</p>	<p>8</p> <p>SUB SANDWICHES Chicken Patty Baked Potato Smiles</p>	<p>9</p> <p>MACARONI & CHEESE W/A BREAD STICK OR Mozzarella Sticks w/marinara DESSERT</p>	<p>10</p> <p>HOT DOG OR Cheeseburger Baked Beans tortilla scoops</p>
<p>13</p> <p>CHATTERBOX LUNCH CRISPITOS TACO SALAD FIESTA RICE REFRIED BEANS</p>	<p>14</p> <p>CHATTERBOX LUNCH CHICKEN NUGGETS Spicy Chicken Patty potato wedges</p>	<p>15</p> <p>CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Bowl Mashed Potatoes w/gravy Corn milk</p>	<p>16</p> <p>CHATTERBOX LUNCH MOZZARELLA STICKS W/ MARINARA SAUCE OR MEATBALL SUB DESSERT</p>	<p>17</p> <p>Cheeseburger or BBQ Pulled Pork Corn Dog Baked Beans tortilla scoops milk</p>
<p>NO SCHOOL 20</p> 	<p>21</p> <p>CHATTERBOX LUNCH CHICKEN STICKS Crispy Chicken snack Wrap Baked Tater Tots</p>	<p>22</p> <p>CHATTERBOX LUNCH CHICKEN PATTY Popcorn Chicken Baked Potato Smiles</p>	<p>23</p> <p>ITALIAN TOASTED CHEESE Pasta w/meatsauce w/ brd stick Chicken Parmesan Sandwich DESSERT</p>	<p>24</p> <p>Hot Dog or Cheeseburger Baked Beans tortilla scoops milk</p>
<p>27</p> <p>Buffalo chicken dip/chips WALKING TACO or Fiesta Rice w/refried beans milk</p>	<p>28</p> <p>BREAKFAST FOR LUNCH Breakfast bowl breakfast pizza PANCAKE WRAPS baked TRI TATERS</p>	<p>29</p> <p>CHATTERBOX LUNCH Popcorn chicken bowl CHicken Patty Mashed Potatoes w/gravy Corn milk</p>	<p>30</p> <p>ITALIAN SUBS LASAGNA OR CHEESE RAVIOLI W/ A BREADSTICK DESSERT</p>	<p>31</p> <p>Cheeseburger SPICY CHICKEN PATTY TOASTED CHEESE Baked Beans Baked Potato Smiles <i>or vegetable.</i></p>

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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