

GO AMHERST COMETS!

OCTOBER AJH Lunch Menu

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>OFFERED DAILY: Pizza or Pepperoni Roll PB & J Sandwich</p> <p>ASSORTED FRUIT CHOICES ASSORTED MILK</p>	<p>National School Lunch Week <i>Show us your favorite School Lunches on Twitter!</i> #NSLW20 / #SchoolLunch Tag @SNS_Amherst Tag @SchoolLunch</p>	<p>Celebrate National School Lunch Week</p>  <p>Your ticket to good nutrition!</p>	<p>1 Toasted cheese/Tots PIZZA Salad Lunch FRUIT/VEG CHOICES MILK</p>	<p>2 CHEESEBURGER/BAKED CHIPS STUFFED CRUST PIZZA SALAD LUNCH FRUIT/VEG. CHOICES BAKED BEANS MILK</p>
<p>5 TACO SALAD FRENCH BREAD PIZZA FRUIT/VEG CHOICES Fiesta Rice w/refried beans MILK</p> 	<p>6 CHICKEN PATTY/FRIES PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>7 CHICKEN RINGS/SMILES PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>8 Mozzarella sticks/marinara PIZZA SALAD LUNCH FRUIT/VEG. CHOICES DESSERT/ MILK</p>	<p>9 NEOEIA DAY - NO SCHOOL</p> 
NATIONAL SCHOOL LUNCH WEEK - NOW PLAYING: SCHOOL LUNCH				
<p>12 WALKING TACO or FRENCH BREAD PIZZA SALAD LUNCH FRUIT/VEB CHOICES MILK</p>	<p>13 CHICKEN PATTY/FRIES PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>14 CHICKEN FRYZ/SMILES PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>15 PASTA W/ MEAT SAUCE BREAD STICK PIZZA FRUIT/VEG CHOICES MILK</p>	<p>16 CORN DOG/BAKED CHIPS STUFFED CRUST PIZZA SALAD LUNCH FRUIT/VEG. CHOICES BAKED BEANS/MILK</p>
<p>19 Beefy Cheesy Nachos or FRENCH BREAD PIZZA SALAD LUNCH FRUIT/VEG. CHOICE MILK</p>	<p>20 CHICKEN PATTY/FRIES PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>21 CHICKEN NUGGETS/SMILES PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>22 MACARONI & CHEESE W/A BREAD STICK OR PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>23 SPICY CHICKEN PATTY BAKED CHIPS STUFFED CRUST PIZZA SALAD LUNCH FRUIT/VEG CHOICES BAKED BEANS, MILK</p>
<p>26 FIESTADA FRENCH BREAD PIZZA SALAD LUNCH FIESTA RICE/REFRIED BEANS MILK</p>	<p>27 CHICKEN PATTY/FRIES PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>28 POPCORN CHICKEN/SMILES PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>29 TOASTED CHEESE/TRI TATER PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>30 CHEESEBURGER/CHIPS STUFFED CRUST PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>

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

deanne_pastva@amherstk12.org

USDA is an equal opportunity provider and employer