



<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>					
				1	2
				Spaghetti with meatballs or Chicken Parmesan Italian green beans WG cheese bosco stick Salad bar Fruit bar Milk	Comet Patty Bar Spicy grilled or breaded chicken Comet Stars Toppings Bar Salad Bar Fruit Bar Milk
5	6	7	8	9	
Two ultra grain Comet Chicken tender wraps Baked potato smiles Salad bar Fruit bar Milk	Beefy cheese nachos or Taco salad bar Snickerdoodle cookie Refried beans Salad Bar Fruit Bar Milk	Sweet Chili Thai chicken Brown rice or Lo Mein noodles Stir fry vegetables, Fortune cookies Salad bar Fruit bar Milk	Hot Italian sub sandwich or Italian toasted cheese Tomato basil soup w/spicy goldfish Spiral fries Salad bar Fruit bar Milk		
12	13	14	15	16	
Chicken Tenders Mashed Potatoes, carrot coins Berry Crisp Eight Grain dinner roll Salad Bar Fruit Bar Milk	Chipotle chicken or beef Cilantro rice, black beans Corn, salsa and cheese Snickerdoodle cookie Salad bar Fruit bar Milk	PSAT Testing Grab N Go Lunch Available in the Snack Shack after testing is over	Fettuccine w/ Chicken Alfredo or Lasagna rolls Sicilan Vegetables WG dinner roll Salad bar Fruit bar Milk	Comet Burger Bar Seasoned potato wedges Topping Bar to include chili, cheese lettuce, onions, pickles Salad Bar Fruit Bar Milk	
19	20	21	22	23	
Irish Nachoes including Pulled pork or Chili and toppings or Meatloaf Sandwich waffle fries Salad Bar Fruit Bar Milk	Mexican Straw Hats Fritos with meat beans and cheese Shredded lettuce and toppings or Taco Salad Bowl Snickerdoodle Cookie Salad and Fruit bar Milk	Sriracha chicken Brown rice or lo mein noodles Stir fry vegetables Fortune Cookies Salad bar Fruit bar Milk	Lasagna with meat sauce w/breadstick or Ravioli Sicilian vegetables Salad bar Fruit bar Milk	BBQ pork or Toasted Cheese Sweet Potato & Regular Tater Tots Tomato soup with Spicy Crackers Salad bar Fruit bar Milk	
26	27	28	29	30	
Chicken tenders Mashed potatoes Sweet potato soufflé Apple crisp Salad bar Fruit bar Milk	Chicken quesadillas Fiesta rice and beans, WG tortilla Chips and Salsa Snickerdoodle cookie Salad Bar Fruit Bar Milk	Cherry blossom chicken Brown rice or lo mein noodles Sesame broccoli fortune cookies Salad bar Fruit bar Milk	Spaghetti with meatballs or Chicken Parmesan Italian green beans WG cheese bosco stick Salad bar Fruit bar Milk	Comet Patty Bar Spicy grilled or breaded chicken Comet Stars Toppings Bar Salad Bar Fruit Bar Milk	

USDA is an equal opportunity provier and employer

Email Deanne Pastva, RD, LD with any questions about the National School Breakfast

Breakfast & Lunch Programs: [deanne\\_pastva@amherstk12.org](mailto:deanne_pastva@amherstk12.org)