



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 & bkd beans
Salad bar	Refried beans	Stir fry vegetables, Fortune cookies	Spiral fries	French Fries
Fruit bar	Salad Bar	Salad bar	Salad bar	Salad Bar
Milk	Fruit Bar	Fruit bar	Fruit bar	Fruit Bar
Milk	Milk	Milk	Milk	Milk
9	10	11	12	13
Popcorn Chicken Bowl	Chipotle chicken or beef	Tangerine chicken	Fettuccine w/ Chicken Alfredo or	Comet Burger Bar
Mashed Potatoes, corn, gravy and cheese	Cilantro rice, black beans	Asian brown rice or Lo mein	Lasagna rolls	Seasoned potato wedges
Berry Crisp	Corn, salsa and cheese	Noodles, fortune cookie	Sicilan Vegetables	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
16	17	18	19	20
Irish Nachoes including	Mexican Straw Hats	Sriracha chicken	Lasagna with meat sauce w/breadstick or	BBQ pork or Toasted Cheese
Pulled pork or Chili and toppings or	Fritos with meat beans and cheese	Brown rice or lo mein noodles	Ravioli	Sweet Potato & Regular Tater Tots
Meatloaf Sandwich	Shredded lettuce and toppings	Stir fry vegetables	Sicilian vegetables	Tomato soup with
waffle fries	or Taco Salad Bowl	Fortune Cookies	Salad bar	Spicy Crackers
Salad Bar	Snickerdoodle Cookie	Salad bar	Fruit bar	Salad bar
Fruit Bar	Salad and Fruit bar	Fruit bar	Milk	Fruit bar
Milk	Milk	Milk		Milk
THANKSGIVING LUNCH	24	No School	25	26
Turkey n Gravy	Chicken quesadillas			Happy Thanksgiving
mashed potatoes and stuffing	Fiesta rice and beans, WG tortilla			No School
Sweet potato soufflé	Chips and Salsa			
Apple crisp	Snickerdoodle cookie			
Salad bar	Salad Bar			
Fruit bar	Fruit Bar			
Milk	Milk			
30				
Two ultra grain Comet				
Chicken tender wraps				
Baked potato smiles				
Salad bar				
Fruit bar				
Milk				
			<p>Lunch price of \$3.50 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk.</p> <p>Students must choose 3-5 components, one being a fruit or vegetable.</p>	

USDA 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)