




**GO AMHERST COMETS!**

**January AJH Lunch Menu**

Menu subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>OFFERED DAILY:</b> Pizza or Pepperoni Roll PB &amp; J Sandwich <b>SALAD BAR</b> <b>ASSORTED FRUIT CHOICES</b> <b>ASSORTED MILK</b></p>	<p>Lunch price of \$3.25 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</p>			<p>NEW YEARS DAY 1</p> 
<p><b>In-Service Day</b> 4</p> 	<p>5</p> <p>BBQ Riblet PIZZA SALAD LUNCH FRUIT/VEG. CHOICES MILK</p>	<p>6</p> <p>CHICKEN PATTY PIZZA BAKED SMILES SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>7</p> <p>Mac. and cheese/soft pretzel Pizza SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>8</p> <p>Hot Dog/baked chips SALAD LUNCH STUFFED CRUST PIZZA BAKED BEANS FRUIT/VEG CHOICES MILK</p>
<p>11</p> <p>Fiestada FRENCH BREAD PIZZA SALAD LUNCH Fiesta Rice/Refried beans FRUIT/VEG CHOICES MILK</p>	<p>12</p> <p>CHICKEN NUGGETS PIZZA SALAD LUNCH potato wedges FRUIT/VEG CHOICES MILK</p>	<p>13</p> <p>CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUIT/VEG CHOICES MILK</p>	<p>14</p> <p>Mozzarella Sticks/Marinara PIZZA SALAD LUNCH DESSERT milk</p>	<p>15</p> <p>Spicy Chicken Patty/chips Stuffed crust Pizza Salad Lunch baked beans FRUIT/VEG CHOICES MILK</p>
<p><b>NO SCHOOL</b> 18</p> 	<p>19</p> <p>CHICKEN FRYZ PIZZA BAKED TATER TOTS SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>20</p> <p>CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUIT/VEG CHOICES MILK</p>	<p>21</p> <p>Pasta w/meatsauce/roll PIZZA SALAD LUNCH FRUIT/VEGS CHOICES milk</p>	<p>22</p> <p>CORN DOG/BAKED CHIPS SALAD LUNCH STUFFED CRUST PIZZA BAKED BEANS FRUIT/VEG CHOICES MILK</p>
<p>25</p> <p>Buffalo chicken dip/chips FRENCH BREAD PIZZA SALAD LUNCH FRUIT/VEG CHOICES MILK</p>	<p>26</p> <p>POPCORN CHICKEN PIZZA SALAD LUNCH BAKED TRI TATER S FRUIT/VEG CHOICES MILK</p>	<p>27</p> <p>CHICKEN PATTY PIZZA SALAD LUNCH BAKED SMILES FRUITVEG CHOICES MILK</p>	<p>28</p> <p>Toasted cheese/tots PIZZA SALAD LUNCH FRUIT/VEGS CHOICES milk</p>	<p>29</p> <p>CHEESEBURGER/baked chips STUFFED CRUST PIZZA SALAD LUNCH BAKED BEANS FRUIT/VEG CHOICES MILK</p>

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

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