




<p>Important update: Due to manufacturer supply shortages, we may need to change the menu items without notice. We will do our best to have a similar item, but cannot guarantee it is the same as what the students usually get.</p>	<p><i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>1 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad bar Fruit bar Milk</p>	<p>2 Lasagna w/meat sauce Sicilian vegetables Dinner roll Salad bar Fruit bar Milk</p>	<p>3 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk</p>
	<p>7 Mexican Straw Hats (Fritos with meat and beans) or Taco salad bowl Shredded lettuce and toppings Salad Bar Fruit bar Milk</p>	<p>8 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>9 WG Chicken Parmesan with a side of Spaghetti Seasoned Green Beans WG Dinner roll Salad bar Fruit bar Milk</p>	<p>10 WG Toasted Cheese Sandwich Tomato soup Multi Colored Tater Tots Salad Bar Fruit Bar Milk</p>
<p>13 WG Chicken Nuggets Baked Potato Smiles WG Soft Pretzel Salad Bar Fruit Bar Milk</p>	<p>14 Beefy Cheese Nachos Taco Salad Bowl Shredded lettuce and toppings Refried Beans Salad Bar Fruit Bar Milk</p>	<p>15 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>16 Fettuccine with WG Chicken Chunks Alfredo Sauce Sicilian Vegetables Salad Bar Fruit Bar Milk</p>	<p>17 Footlong Hot dog served with onions and relish Baked Beans French Fries Salad Bar Fruit Bar Milk</p>
<p>20 WG Chicken tenders Mashed Potatoes and gravy Carrot Coins Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>21 Beef Chipotle Tacos Rice and Beans Lettuce and Cheese Salad Bar Fruit Bar Milk</p>	<p>22 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>23 Spaghetti with meatballs Italian green beans Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>24 Pulled Pork Sandwich or Pulled Pork Irish Nachos Waffle fries WG Soft Pretzel (w/nachos only) Salad Bar Fruit Bar Milk</p>
<p>27 Two Ultra Grain Comet Chicken tender wraps Baked Potato Smiles Salad Bar Fruit Bar Milk</p>	<p>28 WG Chicken Soft Tacos Fiesta Rice and Beans Salad Bar Fruit Bar Milk</p>	<p>29 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad bar Fruit bar Milk</p>	<p>30 Lasagna w/meat sauce Sicilian vegetables Dinner roll Salad bar Fruit bar Milk</p>	<p><i>No-Cost lunch choices are also available daily on our Grill, Pizza, Sub &amp; Salad Lines, as well as in the Snack Shack. A la carte items are available for purchase. Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account.</i></p>

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Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: [deanne\\_kelbley@amherstk12.org](mailto:deanne_kelbley@amherstk12.org)

Menu subject to change based upon food availability