



<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 & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p>Please visit www.payschoolscentral.com to add money to your child's account. Cost Breakfast \$2.35 Cost Lunch \$3.60 Reduced cost Breakfast \$.30 Lunch \$.40 Milk by itself costs \$.50.</p>	<p>1 Penne Pasta with Meatsauce Sicilian Vegetables Salad bar Fruit bar Milk</p>	<p>2 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk</p>
<p>5 </p>	<p>6 Mexican Straw Hats (Fritos with meat and beans) or Taco Salad Bowl Shredded lettuce and toppings Salad Bar Fruit bar Milk</p>	<p>7 WG Cherrv Blossom Chicken Brown Rice Stir frv vegetables Fortune Cookie SaladBar Fruit Bar Milk</p>	<p>8 WG Chicken Parmesan with a side of Penne Pasta Seasoned Green Beans WG Dinner roll Salad bar Fruit bar Milk</p>	<p>9 WG Toasted Cheese Sandwich Tomato Soup Multi Colored Tater Tots Salad Bar Fruit Bar Milk</p>
<p>12 WG Chicken Nuggets Mashed Potatoes and gravv Carrot Coins Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>13 Beefv Cheesv Nachos or Taco Salad Bowl Shredded lettuce and toppings Refried Beans Salad Bar Fruit Bar Milk</p>	<p>14 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>15 WG Chicken Alfredo w/fettuccine noodles Sicilian Vegetables Salad Bar Fruit Bar Milk</p>	<p>16 Footlong Hot dog served with onions and relish Baked Beans French Fries Salad Bar Fruit Bar Milk</p>
<p>19 WG Chicken Tenders Mashed Potatoes and gravv Sweet Potato Souffle Snowflake Dinner Roll Salad Bar Fruit Bar Milk</p>	<p>20 Chipotle Tacos Rice and Beans Lettuce and Cheese Salad Bar Fruit Bar Milk</p>	<p>21 WG Cherrv Blossom Chicken Brown Rice Stir frv vegetables Fortune Cookie Salad Bar Fruit Bar Milk</p>	<p>22 Spaghetti with Meatballs Italian Green Beans Snowflake Dinner Roll Salad bar Fruit Bar Milk</p>	<p>23 Italian Toasted Cheese Tomato Soup Tator Tots Salad Bar Fruit Bar Milk</p>
<p>26 Two Ultra Grain Comet Chicken Tender Wraps Baked Potato Smiles Salad Bar Fruit Bar Milk</p>	<p>27 Fiesta Rice Bowl (Beef. Salsa. Cheese. Rice) Tortilla Chios Salad Bar Fruit Bar Milk</p>	<p>28 WG Tangerine Chicken Brown Rice Sesame Broccoli Fortune Cookie Salad bar Fruit bar Milk</p>	<p>29 Penne Pasta with Meatsauce Sicilian Vegetables Salad bar Fruit bar Milk</p>	<p>30 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk</p>

USDA is an equal opportunity provider and employer

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs: deanne_kelbley@amherstk12.org

Menu subject to change based upon food availability