



Breakfast: \$2.35, Lunch: \$3.60 Reduced-priced costs for those that qualify: Breakfast \$.30, Lunch \$.40 Milk by itself costs \$.50. Please visit www.payschoolscentral.com to add money to your child's account.	<p style="text-align: center;"><i>Lunch includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	1 WG Tangerine Chicken Brown Rice Sesame Broccoli Fortune Cookie Salad bar Fruit bar Milk	2 Penne Pasta with Meatsauce Sicilian Vegetables Salad bar Fruit bar Milk	3 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk
6 Popcorn Chicken Bowl (Mashed Potatoes, Gravy, Corn, Cheese) Snowflake Dinner Roll Salad Bar Fruit Bar Milk	7 English Muffin Breakfast Sandwich (sausage, egg and cheese) Hash Brown Coins Salad Bar Fruit bar Milk	8 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie SaladBar Fruit Bar Milk	9 WG Chicken Parmesan with a side of Penne Pasta Seasoned Green Beans WG Dinner roll Salad bar Fruit bar Milk	10 WG Toasted Cheese Sandwich Tomato Soup Multi Colored Tater Tots Salad Bar Fruit Bar Milk
13 WG Chicken Nuggets Mashed Potatoes and gravy Carrot Coins Snowflake Dinner Roll Salad Bar Fruit Bar Milk	14 Beefy Cheesy Nachos or Taco Salad Bowl Shredded lettuce and toppings Refried Beans Salad Bar Fruit Bar Milk	15 WG Tangerine Chicken Brown Rice Sesame broccoli Fortune Cookie Salad Bar Fruit Bar Milk	16 WG Chicken Alfredo w/fettuccine noodles Sicilian Vegetables Salad Bar Fruit Bar Milk	17 NO SCHOOL-STAFF IN-SERVICE  <p style="text-align: center;">Happy St. Patrick's Day</p>
20 WG Chicken Tenders Mashed Potatoes and gravy Sweet Potato Souffle Snowflake Dinner Roll Salad Bar Fruit Bar Milk	21 Chipotle Chicken Wrap Rice and Beans Lettuce and Cheese Salad Bar Fruit Bar Milk	22 WG Cherry Blossom Chicken Brown Rice Stir fry vegetables Fortune Cookie Salad Bar Fruit Bar Milk	23 Spaghetti with Meatballs Italian Green Beans Snowflake Dinner Roll Salad Bar Fruit Bar Milk	24 Italian Toasted Cheese Tomato Soup Tator Tots Salad Bar Fruit Bar Milk
27 Two Ultra Grain Comet Chicken Tender Wraps Baked Potato Smiles Salad Bar Fruit Bar Milk	28 Beefy Cheesy Nachos or Taco Salad Bowl Shredded lettuce and toppings Refried beans Salad Bar Fruit Bar Milk	29 WG Tangerine Chicken Brown Rice Sesame Broccoli Fortune Cookie Salad bar Fruit bar Milk	30 Penne Pasta with Meatsauce Sicilian Vegetables Salad bar Fruit bar Milk	31 WG Mac and Three Cheese Cavatappi WG Dinner roll Steamed Broccoli Salad Bar Fruit Bar Milk

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