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| <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 price of \$3.60 includes 5 components: Protein, Grain, Fruit, Vegetable & Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p> | | | <p>1 Italian Toasted Cheese Tomato Soup Tater Tots Salad Bar Fruit Bar Milk</p> |
| <p>4 </p> | <p>5 Beefy Cheesy Nachos or Taco Salad Bowl Shredded Lettuce and Toppings Refried Beans Salad Bar Fruit Bar Milk</p> | <p>6 Meatball Dunkers Bosco Cheese Sticks Salad Bar Fruit Bar Milk</p> | <p>7 Penne Pasta with Meatsauce Sicilian Vegetables Dinner Roll Salad Bar Fruit Bar Milk</p> | <p>8 Macaroni and Cheese Dinner Roll Steamed Broccoli Salad Bar Fruit Bar Milk</p> |
| <p>11 Popcorn Chicken Bowl (Mashed Potatoes, Gravy, Corn, Cheese) Dinner Roll Salad Bar Fruit Bar Milk</p> | <p>12 English Muffin Breakfast Sandwich (Sausage, Egg and Cheese) Hash Brown Coins Salad Bar Fruit Bar Milk</p> | <p>13 Cherry Blossom Chicken Brown Rice Sesame Broccoli Fortune Cookie Salad Bar Fruit Bar Milk</p> | <p>14 Chicken Parmesan with a side of Penne Pasta Seasoned Green Beans Salad Bar Fruit Bar Milk</p> | <p>15 Toasted Cheese Sandwich Tomato Soup Multi Colored Tater Tots Salad Bar Fruit Bar Milk</p> |
| <p>18 Chicken Nuggets Mashed Potatoes and Gravy Carrot Coins Dinner Roll Salad Bar Fruit Bar Milk</p> | <p>19 Beefy Cheesy Nachos or Taco Salad Bowl Shredded Lettuce and Toppings Refried Beans Salad Bar Fruit Bar Milk</p> | <p>20 Fiestada Corn Salad Bar Fruit Bar Milk</p> | <p>21 Chicken Alfredo w/Fettuccine Noodles Sicilian Vegetables Salad Bar Fruit Bar Milk</p> | <p>22 Hot Dog French Fries Baked Beans Salad Bar Fruit Bar Milk</p> |
| <p>25 Chicken Tenders Mashed Potatoes and Gravy Dinner Roll Salad Bar Fruit Bar Milk</p> | <p>26 Chipotle Chicken Wrap Rice and Beans Lettuce and Cheese Salad Bar Fruit Bar Milk</p> | <p>27 Cherry Blossom Chicken Brown Rice Sesame Broccoli Fortune Cookie Salad Bar Fruit Bar Milk</p> | <p>28 Spaghetti and Meatballs Italian Green Beans Dinner Roll Salad Bar Fruit Bar Milk</p> | <p>29 Italian Toasted Cheese Tomato Soup Tater Tots 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