



AMSA JANUARY MENU

Monday, January 6, 2025

Hot Meal	Chicken Broccoli Ziti with Alfredo Sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Crispy Chicken Salad with chicken, lettuce, tomatoes, cucumbers, cheese, dressing, fruit, and milk (contains dairy and gluten)
Vegetarian	Pasta and Broccoli with Alfredo Sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Sam's Meal	Chicken and broccoli with ziti in oil with a regular roll (Contains Gluten)

Tuesday, January 7, 2025

Hot Meal	2 Hot Dogs with chips, fruit, and milk (contains gluten)
Salad/Sandwich	Buffalo Chicken Sandwich with Ranch dressing, cheddar cheese, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Hummus Wrap with lettuce, tomato, onion, hummus, feta cheese, chips, fruit, and milk (contains dairy, gluten, and sesame)
Sam's Meal	Grilled Chicken Sandwich with sliced dairy free cheese, lettuce, chips, and fruit

Thursday, January 9, 2025

Hot Meal	Breakfast Sandwich with bacon, egg, cheese, (on a plain bagel), hash browns, fruit, and milk (contains dairy, egg, and gluten)
Salad/Sandwich	BLT Wrap with bacon, lettuce, tomato, cheese, mayonnaise, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Breakfast Sandwich, egg, cheese, (on plain bagel, hash browns, fruit, and milk (contains dairy, egg, and gluten)
Sam's Meal	Grilled Chicken Salad w/shredded dairy free cheese and cucumbers (dairy & gluten free) no dressing and tomatoes

Friday, January 10, 2025

Hot Meal	Chicken Patty Sandwich with chips, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chicken Caesar Salad with chicken, lettuce, cheese, dressing, fruit, and milk (contains dairy and gluten)
Vegetarian	Macaroni and Cheese, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Parm Sandwich with dairy free cheese, chips, fruit, and milk (dairy free) no garlic

Monday, January 13, 2025

Hot Meal	Chicken Nuggets with waffle fries, sweet & sour sauce, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Crispy Chicken Wrap with chicken, lettuce, tomatoes, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Grilled Cheese on White bread with chips, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Cheese w/ Dairy Free Sliced Cheese on White bread with chips, and fruit (contains gluten)

Tuesday, January 14, 2025

Hot Meal	Meatballs & Pasta with tomato sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Grilled Chicken Salad with tomatoes, cucumbers, cheese, dressing, fruit, and milk (gluten free, contains dairy)
Vegetarian	Veggie Meatballs & Pasta with tomato sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Parm & Pasta w/dairy free cheese, and a plain roll (no garlic)

Wednesday, January 15, 2025

Hot Meal	Popcorn Chicken Bowl, with mashed potatoes, corn, brown gravy, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chicken Caesar Wrap with chicken, lettuce, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Popcorn Cauliflower Bowl, with mashed potatoes, corn, brown gravy, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken w/ corn and a dinner roll, and fruit (Contains Gluten)

Thursday, January 16, 2025

Hot Meal	Buffalo Chicken Macaroni and Cheese, fruit, and milk (contains dairy, gluten)
Salad/Sandwich	Turkey and Cheese Sub with American cheese, lettuce, tomato, mayonnaise, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Macaroni and Cheese, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Wrap with lettuce, dairy free cheese, fruit, chips, and no dressing

Friday, January 17, 2025

Hot Meal	Chicken Parmesan Sandwich with chips, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chef's Salad lettuce, cucumber, tomato, turkey, ham, cheddar cheese, hard-boiled egg, dressing, fruit, and milk (gluten free, contains dairy and egg)
Vegetarian	Veggie Burger with chips, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Parm Sandwich with dairy free cheese, chips, fruit, and milk (dairy free) no garlic

Tuesday, January 21, 2025

Hot Meal	Pepperoni Pizza, carrot sticks, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Crispy Chicken Salad with chicken, lettuce, tomatoes, cucumbers, cheese, dressing, fruit, and milk (contains dairy and gluten)
Vegetarian	Cheese Pizza, carrot sticks, fruit, and milk (contains dairy and gluten)
Sam's Meal	Cheese pizza with dairy free shredded mozzarella, carrot sticks, and fruit

Wednesday, January 22, 2025

Hot Meal	Chicken Quesadilla with yellow rice, salsa, sour cream, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Grilled Chicken Wrap with chicken, lettuce, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Cheese Quesadilla with yellow rice, salsa, sour cream, fruit, and milk (contains dairy and gluten)
Sam's Meal	Chicken Quesadilla with dairy free cheese and fruit (Contains gluten)

Thursday, January 23, 2025

Hot Meal	Cheeseburger with chips, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Buffalo Chicken Sandwich with Ranch dressing, cheddar cheese, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Hummus Wrap with lettuce, tomato, onion, hummus, feta cheese, chips, fruit, and milk (contains dairy, gluten, and sesame)
Sam's Meal	Grilled Chicken Sandwich with sliced dairy free cheese, lettuce, chips, and fruit

Friday, January 24, 2025

Hot Meal	Meatball Sub with chips, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chicken Caesar Salad with chicken, lettuce, cheese, dressing, fruit, and milk (contains dairy and gluten)
Vegetarian	Grilled Cheese on White bread with chips, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Cheese w/ Dairy Free Sliced Cheese on White bread with chips, and fruit (contains gluten)

Monday, January 27, 2025

Hot Meal	Chicken Tenders with BBQ sauce, waffle fries, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Crispy Chicken Wrap with chicken, lettuce, tomatoes, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Cauliflower bites with BBQ sauce, waffle fries, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Wrap with lettuce, dairy free cheese, fruit, chips, and no dressing

Tuesday, January 28, 2025

Hot Meal	Chicken Parmesan & Pasta with tomato sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chef's Salad lettuce, cucumber, tomato, turkey, ham, cheddar cheese, hard-boiled egg, dressing, fruit, and milk (gluten free, contains dairy and egg)
Vegetarian	Macaroni and Cheese, fruit, and milk (contains dairy and gluten)
Sam's Meal	Chicken and broccoli with ziti in oil with a regular roll (Contains Gluten)

Wednesday, January 29, 2025

Hot Meal	Pancakes with sausage, syrup, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	BLT Wrap with bacon, lettuce, tomato, cheese, mayonnaise, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Pancakes with vegetarian sausage, syrup, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Chicken Salad w/shredded dairy free cheese and cucumbers (dairy & gluten free) no dressing and tomatoes

Thursday, January 30, 2025

Hot Meal	BBQ Chicken Pizza (BBQ Sauce, chicken, and cheese), carrot sticks, fruit, and milk (contains gluten, dairy, wheat, soy)
Salad/Sandwich	Grilled Chicken Salad with tomatoes, cucumbers, cheese, dressing, fruit, and milk (gluten free, contains dairy)
Vegetarian	Cheese Pizza, carrot sticks, fruit, and milk (contains dairy and gluten)
Sam's Meal	Cheese pizza with dairy free shredded mozzarella, carrot sticks, and fruit

Friday, January 31, 2025

Hot Meal	Steak and Cheese Sub with chips, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Chicken Caesar Wrap with chicken, lettuce, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Grilled Cheese on White bread with chips, fruit, and milk (contains dairy and gluten)
Sam's Meal	Grilled Cheese w/ Dairy Free Sliced Cheese on White bread with chips, and fruit (contains gluten)