



AMSA DECEMBER MENU

Monday, December 1, 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)

Tuesday, December 2, 2025

Hot Meal	Ground beef Burrito with ground beef, rice, beans, cheese, salsa, sour cream, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Ham & Cheese Sandwich with American Cheese, lettuce, tomato, mayonnaise or mustard, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Vegetarian Burrito with rice, beans, cheese, salsa, sour cream, fruit, and milk (contains dairy and gluten)

Wednesday, December 3, 2025

Hot Meal	Chicken Tenders with BBQ sauce, waffle fries, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Grilled Chicken Salad with chicken, lettuce, tomatoes, cucumbers, cheese, dressing, fruit, and milk (contains dairy and gluten)
Vegetarian	Grilled Cheese on White bread with chips, fruit, and milk (contains dairy and gluten)

Thursday, December 4, 2025

Hot Meal	Buffalo Chicken Pizza (Buffalo Sauce, chicken, and cheese), ranch dressing on the side, chips, fruit, and milk (contains gluten, dairy, wheat, soy)
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	Cheese Pizza, chips, fruit, and milk (contains dairy and gluten)

Friday, December 5, 2025

Hot Meal	Chicken Parmesan Sandwich 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	Caprese Wrap with mozzarella, tomato, basil, lettuce, and a balsamic reduction, fruit, and milk (contains gluten and dairy)

Monday, December 8, 2025

Hot Meal	Popcorn Chicken Bowl, with mashed potatoes, corn, brown gravy, 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	Chickpea Tikka Masala chickpeas tossed in a tikka masala sauce (a mildly spicy tomato-based sauce containing these spices garam masala, turmeric, paprika and fenugreek) served over rice

Tuesday, December 9, 2025

Hot Meal	Meatballs & Pasta with tomato sauce, garlic bread, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Grilled Chicken Wrap with chicken, lettuce, tomatoes, cheese, dressing, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Macaroni and Cheese, fruit, and milk (contains dairy and gluten)

Wednesday, December 10, 2025

Hot Meal	Breakfast Sandwich with sausage, 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 with egg, cheese, (on a plain bagel), hash browns, fruit, and milk (contains dairy, egg, and gluten)

Thursday, December 11, 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, cucumbers, hummus, feta cheese, chips, fruit, and milk (contains dairy, gluten, and sesame)

Friday, December 12, 2025

Hot Meal	Chicken Patty Sandwich with chips, 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	Caprese Wrap with mozzarella, tomato, basil, lettuce, and a balsamic reduction, fruit, and milk (contains gluten and dairy)

Monday, December 15, 2025

Hot Meal	Chicken Nuggets with waffle fries, sweet & sour sauce, 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	Grilled Cheese on White bread with chips, fruit, and milk (contains dairy and gluten)

Tuesday, December 16, 2025

Hot Meal	Chicken Quesadilla with yellow rice, salsa, sour cream, fruit, and milk (contains dairy and gluten)
Salad/Sandwich	Turkey & Cheese Sub with American cheese, lettuce, tomato, mayonnaise, chips, fruit, and milk (contains dairy and gluten)
Vegetarian	Cheese Quesadilla with yellow rice, salsa, sour cream, fruit, and milk (contains dairy and gluten)

Wednesday, December 17, 2025

Hot Meal	Waffles 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	Waffles with vegetarian sausage, syrup, fruit, and milk (contains dairy and gluten)

Thursday, December 18, 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, cucumbers, hummus, feta cheese, chips, fruit, and milk (contains dairy, gluten, and sesame)