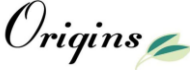










Amsterdam High School and Wilbur Lynch Middle

NOVEMBER 16th – 20th

If you have any questions, please call the Director of Dining Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20
 <p>Daily alternates: Nachos w/ Cheese Sauce, Pretzel w/Cheese Sauce and Peanut Butter n' Jelly Sandwich.</p> <p>Offered with every meal are assorted Fresh Fruit and Raisins.</p>	CHICKEN LO MEIN W/ ORIENTAL VEGETABLES WHOLE WHEAT DINNER ROLL PEACHES	CRISPY CHICKEN TENDERS MASHED POTATOES GRAVY COLE SLAW PEARS 1% MILK CHOICE 	<u>"PASTA BAR"</u> CHOICE OF 2 PASTAS CHOICE OF 3 SAUCES WHOLE WHEAT DINNER ROLL GREEN BEANS FRUIT COCKTAIL	HOT TURKEY SANDWICH ON WHEAT BREAD TATER TOTS CORN CRANBERRY SAUCE .25 LUNCH	CHICKEN CACCIATORE W/ SPAGHETTI WHOLE WHEAT DINNER ROLL SMALL TOSS SALAD PEARS 1% MILK CHOICE 
 <p>Daily alternates: Fresh baked cheese and pepperoni pizza</p>	<i>Today's Special</i>				
	Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20
	BBQ CHICKEN	SMOKED HAM AND TURKEY	CHICKEN FAJITA	ITALIAN CALZONE	TACO MEAT TOPPING
THE FRESH GRILLE Daily alternates: Chicken patty on bun	Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20
	CHICKEN PATTY PARM SANDWICH	HAMBURGER ON BUN	MEATBALL SUB	MOZZARELLA STICKS W/ SAUCE	SPICY CHICKEN SANDWICH
 <p>Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad</p>	<i>Today's Special</i>				
	Nov. 16	Nov. 17	Nov. 18	Nov. 19	Nov. 20
	HAM SALAD	TURKEY, PROVOLONE, AND CRANBERRY SAUCE WRAP 	CHICKEN FAJITA WRAP 	CHICKEN SALAD	HAM, PEPPERONI, AND SALAMI W/ MOZZARELLA WRAP
	Assorted pre-packaged salad combination meals with accompaniments.				

In addition, to the main entrée and choice of milk (1% low fat or low fat flavored), students may select up to two side dishes which may include: daily selection of fruit (fresh or chilled), vegetables, bread or other starches and/ or available dessert.

 "Balanced Choices meals" meet precise nutritional guidelines when all featured menu items are selected.

Menu subject to change without notice

Student Lunch price: \$1.25 • Reduced meal price: \$0.25 • Milk price: \$.40 • Adult Lunch price: \$2.96