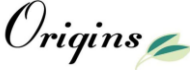






Amsterdam High School and Wilbur Lynch Middle

NOVEMBER 2nd – 6th

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
 Daily alternates: Nachos w/ Cheese Sauce, Pretzel w/Cheese Sauce and Peanut Butter n' Jelly Sandwich. Offered with every meal are assorted Fresh Fruit and Raisins.	CRISPY POPCORN CHICKEN BROCCOLI APPLE SLICES WHOLE WHEAT DINNER ROLL	SOFT SHELL MEXICAN TACO TACO TOPPING MIXED VEGETABLE SLICED PEARS 1% MILK CHOICE 	"SOUPER LUNCH" ADD A SOUP TO ANY SANDWICH MEAL FOR FREE BUFFALO CHICKEN WRAP RANCH DRESSING SPINACH APPLESAUCE	SPAGHETTI W/ MEATSAUCE SMALL TOSSED SALAD WHOLE WHEAT DINNER ROLL FRUIT COCKTAIL .25 LUNCH	"SLOPPY SCOOPS" SLOPPY JOE TORTILLA SCOOPS GREEN BEANS APPLESAUCE 1% MILK CHOICE 
 Daily alternates: Fresh baked cheese and pepperoni pizza	<i>Today's Special</i>				
	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
	BROCCOLI PIZZA	BBQ CHICKEN PIZZA	ALOHA PIZZA	BUFFALO CHICKEN PIZZA	CHEESEBURGER PIZZA
THE FRESH GRILLE Daily alternates: Chicken patty on bun	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
	MOZZARELLA STICKS W/ SAUCE	HAMBURGER ON BUN	SPICY CHICKEN SANDWICH	PHILLY STEAK SUB	HOT DOG W/ CHEESE SAUCE
 Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad	<i>Today's Special</i>				
	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6
	SALAMI & MOZZARELLA	HAM SALAD	 SANTA FE WRAP 	TUNA SALAD	TURKEY W/ SPICED BROCCOLI 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