






Amsterdam Elementary Schools Lunch Menu Grades K-5 NOVEMBER 2009

IMPORTANT NOTICE: We will no longer be offering soup as a meal alternate. Upon further review of current meal offering format it has been determined that soup does not contain enough nutrients for your child's health and well being.

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO LUNCH ½ DAY TEACHER / STAFF CONFERENCE DAY	3 NO LUNCH ½ DAY TEACHER / STAFF CONFERENCE DAY	4 Cheeseburger on A Roll Green Peas Whole Banana	5 Crispy Chicken Nuggets BBQ Sauce Whole Wheat Roll Corn Sliced Pears \$.25 Lunch	6 Cheese Pizza Wedge Broccoli Fresh Apple 1% Milk Choice 
Alternates for the week		• Peanut Butter & Jelly Sandwich or Ham & Cheese Sandwich – Taco Salad, Thursday, Nov. 5 th		
9 “Sloppy Scoops” Sloppy Joe Tortilla Scoops Green Beans Applesauce 1% Milk Choice 	10 “Breakfast @ Lunch” Cheese Omelet Potato Wedges Sausage Patty Whole Wheat Dinner Roll Peaches	11 CLOSED VETERAN’S DAY, THANK A VET TODAY	12 Hot Dog On a Roll French Fries Whole Fruit \$.25 Lunch	13 CLOSED SUPERINTENDENT’S CONFERENCE DAY
Alternates for the week		• Peanut Butter & Jelly or Ham & Cheese Sandwich – Taco Salad, Thursday, Nov. 12 th		
16 Wheat Bagel Pizza Broccoli Pears 1% Milk Choice 	17 Crispy Chicken Patty On Hamburger Roll Corn Fruit Cocktail	18 “Souper Lunch” Bowl of Soup Ham & Cheese Mini Sub Mixed Vegetables Blueberries	19 Spaghetti w/ Meatsauce Whole Wheat Dinner Roll Green Beans Orange \$.25 Lunch	20 Cheese Pizza Wedge Spinach Fresh Apple 1% Milk Choice 
Alternates for the week		• Peanut Butter & Jelly Sandwich or Ham & Cheese Sandwich – Taco Salad, Thursday, Sept. 19 th		
23 Crispy Popcorn Chicken BBQ Sauce Mashed Sweet Potatoes Whole Wheat Roll Diced Pears	24 Mexican Soft Shell Taco Taco Topping Broccoli Applesauce 1% Milk Choice 	25 CLOSED THANKSGIVING BREAK	26 CLOSED THANKSGIVING BREAK	27 CLOSED THANKSGIVING BREAK
Alternates for the week		• Peanut Butter & Jelly Sandwich or Ham & Cheese Sandwich – Taco Salad, Thursday, Sept. 26 th		
30 Hamburger On Hamburger Roll Green Peas Fruit Cocktail				

*In addition, to the main entrée and choice of milk (1% low fat, skim or low fat flavored), students may select up to 3 side dishes which may include: daily selection of fruit (fresh or chilled), vegetables, bread or other starches and/ or available dessert including raisins.
Student Lunch price: \$1.00 • Reduced meal price: \$0.25 • Milk price: \$0.40*

PRE-PAID MEALS ARE AVAILABLE

MENUS SUBJECT TO CHANGE WITHOUT NOTICE

For a nutritional analysis of this menu please call 843-5634

Any delay in the opening of school no breakfast will be served.

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