









# Amsterdam High School and Wilbur Lynch Middle

## NOVEMBER 30<sup>TH</sup>

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <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>	<b>Nov. 30</b>				
	<b>CRISPY POPCORN CHICKEN TATER TOTS FRUIT COCKTAIL WHOLE WHEAT DINNER ROLL</b>			<b>25 LUNCH</b>	
 <p>Daily alternates: Fresh baked cheese and pepperoni pizza</p>	<i>Today's Special</i>				
	<b>Nov. 30</b>				
	<b>BUFFALO CHICKEN</b>				
<b>THE FRESH GRILLE</b> Daily alternates: Chicken patty on bun	<b>Nov. 30</b>				
	<b>MOZZARELLA STICKS W/ SAUCE</b>				
 <p>Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad</p>	<i>Today's Special</i>				
	<b>Nov. 30</b>				
	<b>VEGGIE WRAP W/ MARINATED BROCCOLI</b>				
	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