


Amsterdam High School and Wilbur Lynch Middle

NOVEMBER 9th – 13th

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Nov. 9	Nov. 10	Nov. 11	Nov. 12	Nov. 13
 <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>	<p>"BREAKFAST @ LUNCH"</p> <p>CHEESE OMELET POTATO WEDGES SAUSAGE PATTY WHOLE WHEAT DINNER ROLL PEACHES</p>	<p>TACO SALAD NACHO CHIPS APPLESAUCE CORN 1% MILK CHOICE</p> 	<p>CLOSED</p> <p>VETERAN'S DAY</p> <p>THANK A VETERAN FOR THEIR SACRIFICE</p>	<p>BUFFALO CHICKEN WRAP RANCH DRESSING MIXED VEGETABLES FRESH BANANA</p> <p>.25 LUNCH</p>	<p>CLOSED</p> <p>SUPERINTENDENT'S DAY</p>
 <p>Daily alternates: Fresh baked cheese and pepperoni pizza</p>	<i>Today's Special</i>				
	<p>Nov. 9</p> <p>VEGGIE PIZZA W/ BROCCOLI & SPINACH</p>	<p>Nov. 10</p> <p>SAUSAGE & PEPPERONI</p>	<p>Nov. 11</p>	<p>Nov. 12</p> <p>FRESH TOMATO & BLACK OLIVE WHITE PIZZA</p>	<p>Nov. 13</p>
<p>THE FRESH GRILLE</p> <p>Daily alternates: Chicken patty on bun</p>	<p>Nov. 9</p> <p>MOZZARELLA STICKS W/ SAUCE</p>	<p>Nov. 10</p> <p>CHEESEBURGER ON BUN</p>	<p>Nov. 11</p>	<p>Nov. 12</p> <p>BBQ PORK SUB</p>	<p>Nov. 13</p>
 <p>Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad</p>	<i>Today's Special</i>				
	<p>Nov. 9</p> <p>TURKEY SALAD</p>	<p>Nov. 10</p>  <p>CHICKEN CAESAR WRAP</p>	<p>Nov. 11</p> 	<p>Nov. 12</p> <p>CHICKEN SALAD</p>	<p>Nov. 13</p>
	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