







Amsterdam Elementary Schools Lunch Menu Grades K-5 OCTOBER 2009

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hamburger Hamburger Roll Potato Gems Corn Diced Pears \$.25 Lunch	2 STAFF DEVELOPMENT DAY HALF DAY, NO LUNCH
Alternates for the week :		Vegetable Soup • Peanut Butter & Jelly or Ham & Cheese Sandwich – Crunchy Chicken Salad, Thursday, October 1 st		
5 Sloppy Joe Whole Wheat Bun Corn Sliced Peaches Fresh Fruit 	6 Hot Dog Hot Dog Roll French Fries Orange Wedges Applesauce	7 Chicken Nuggets Mashed Potatoes Green Beans Gelatin with Orange Juice	8 Mexican Taco on a Soft Shell Taco Topping Mixed Vegetables Sliced Peaches 1 % Milk Choice \$.25 Lunch 	9 Spaghetti w/ Meatsauce Spinach Diced Pears Whole Wheat Roll 1% Milk Choice 
Alternates for the week :		Chicken Noodle Soup • Peanut Butter & Jelly or Ham & Cheese Sandwich – Crunchy Chicken Salad, Thursday, October 8 th		
12 SCHOOL CLOSED COLUMBUS DAY	13 <u>“Breakfast @ Lunch”</u> Scrambled Eggs French Toast Sticks Syrup Sausage Patty Applesauce Fresh Fruit	14 Oven Baked Chicken Mashed Potatoes Gravy Corn Fruit Coctail	15 Whole Grain Pasta Macaroni & Cheese Green Beans Sliced Pears 1% Milk Choice \$.25 Lunch 	16 Pizza Burger Hamburger Bun Carrot Sticks Corn Blueberries
Alternates for the week :		Vegetable Soup • Peanut Butter & Jelly or Ham & Cheese Sandwich – Crunchy Chicken Salad, Thursday, October 15 th		
19 Crisp Chicken Tenders BBQ Sauce Sliced Carrots Diced Pears	20 Rotini w/ Meat Sauce Whole Wheat Roll Broccoli Orange Wedges 1% Milk Choice 	21 Whole Wheat Bagel Pizza Green Beans Applesauce Locally Grown Apples 1% Milk Choice 	22 Chicken Patty On a Roll Bar B Q Sauce Peas Sliced Peaches Fresh Fruit \$.25 Lunch	23 Pork w/ Gravy Oven Brownd Round Potatoes Dinner Roll Carrots Fruit Coctail
Alternates for the week :		Chicken Noodle Soup • Peanut Butter & Jelly or Ham & Cheese Sandwich – Crunchy Chicken Salad, Thursday, Oct. 22 nd		
26 Crisp Popcorn Chicken Bar B Q Sauce Peas Sliced Peaches Fresh Fruit	27 Hamburger On Hamburger Bun French Fries Applesauce Orange Wedge	28 Cheese Pizza Wedge Broccoli Pears Fresh Fruit	29 CONFERENCE DAY HALF DAY NO LUNCH	30 CONFERENCE DAY HALF DAY NO LUNCH
Alternates for the week :		Vegetable Soup • Peanut Butter & Jelly or Ham & Cheese Sandwich		

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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