









# Amsterdam High School and Wilbur Lynch Middle

## October 1<sup>st</sup> – 2<sup>nd</sup> 2009

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  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.				<b>Oct. 1</b>	<b>Oct. 2</b>
				  Macho Nachos w/ Taco Meat Cheese Sauce Broccoli Sliced Pears 1% Low Fat Milk <u>.25 Lunch</u>	Staff Development Day  Half Day No Lunch
  Daily alternates: Fresh baked cheese and pepperoni pizza	<i>Today's Special</i>				
				<b>Oct. 1</b>	<b>Oct. 2</b>
				Aloha Pizza	
<b>THE FRESH GRILLE</b>  Daily alternates: Chicken patty on bun				<b>Oct. 1</b>	<b>Oct. 2</b>
				Mozzarella Sticks w/ Tomato Sauce	
  Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad	<i>Today's Special</i>				
				<b>Oct. 1</b>	<b>Oct. 2</b>
				Veggie 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