


Amsterdam High School and Wilbur Lynch Middle

October 12th – 16th, 2008

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16
 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.	CLOSED COLUMBUS DAY	<u>Breakfast for Lunch</u> Scrambled Eggs French Toast Sticks Syrup Sausage Patty Oven Brown Potato Applesauce	Baked BBQ Chicken Ovenbrowns Whole Wheat Dinner Roll Corn Sliced Peaches	Whole Grain Pasta Macaroni & Cheese Green Peas Sliced Pears Locally Grown Apples <u>.25 Lunch</u>	Rotini w/ Meatsauce Breadstick Tossed Salad Broccoli Sliced Pears 1% Low Fat Milk 
 Daily alternates: Fresh baked cheese and pepperoni pizza	<i>Today's Special</i>				
	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16
		Ham, Sausage, and Pepperoni Pizza	Cheese Steak Pizza	Aloha Pizza	BBQ Chicken Pizza
THE FRESH GRILLE Daily alternates: Chicken patty on bun	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16
		Hot Dog w/ Meat Sauce	Mozzarella Sticks w/ Tomato Sauce	Chicken Parmesan Sandwich	Steak Sandwich
 Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad	<i>Today's Special</i>				
	Oct. 12	Oct. 13	Sept. 23	Oct. 15	Oct. 16
		Chicken Caesar Wrap	 Santa Fe Wrap Pasta Salad Fresh Fruit 1% Low Fat Milk 	Turkey, Ham, & Cheddar Wrap	 Tuna Salad Wrap Pasta Salad Fresh Fruit 1% Low Fat Milk
	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