


## Amsterdam High School and Wilbur Lynch Middle

### October 19<sup>th</sup> – 23<sup>rd</sup> , 2008

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
  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.	Crisp Popcorn Chicken BBQ Sauce Mashed Potato Gravy Peas Sliced Peaches	"Big Bomber" Burrito (Taco Meat, Refried Beans, Spanish Rice, & Cheddar) Corn Diced Pears	Whole Grain Pasta Baked Ziti w/ Meatsauce Tossed Salad Broccoli Fresh Whole Fruit	Buffalo Chicken Wrap Ranch Dressing Pasta Salad Carrot / Celery Sticks Applesauce  <span style="color: red;"><u>.25 Lunch</u></span>	<u>"Pasta Bar"</u>  Choice of 2 Pastas Choice of 3 Sauces Whole Wheat Dinner Roll Green Beans Fruit Cocktail
  Daily alternates: Fresh baked cheese and pepperoni pizza	<i>Today's Special</i>				
	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
	Meatball Pizza	Broccoli Pizza	<b>Sweet n Sour Chicken Pizza</b>	Sausage Pizza	Veggie / Spinach Pizza
<b>THE FRESH GRILLE</b>  Daily alternates: Chicken patty on bun	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
	Hot Dog w/ Cheese Sauce	Pizzaburger	Buffalo Chicken Wrap	BBQ Beef on Bun	Fish Sandwich
  Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad	<i>Today's Special</i>				
	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
	Chicken Fajita Wrap  	Veggie Wrap	Chicken Salad Wrap	Little Italy Wrap	Crunchy Chicken 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