


# Amsterdam High School and Wilbur Lynch Middle

October 5<sup>th</sup> - 9<sup>th</sup> 2009

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
  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.	Crispy Chicken Nuggets Mashed Potato Broccoli Sliced Peaches	Sloppy Joe On Whole Wheat Roll Spinach Pears Gelatin w/ Orange Juice	  Mexican Soft Shell Taco Taco Toppings Vegetarian Spanish Rice Corn Fresh Fruit 1% Low Fat Milk	  Chicken Cacciatore w/ Spaghetti Green Beans Applesauce Breadstick 1% Low Fat Milk  <span style="color: red;">.25 Lunch</span>	BBQ Pork Sandwich On Sub Roll French Fries Mixed Vegetables Fruit Cocktail
  Daily alternates: Fresh baked cheese and pepperoni pizza	<i>Today's Special</i>				
	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
	Broccoli Pizza	Chicken Fajita Pizza	Turkey, Ham, & Cheddar Calzone	Meatball Pizza	Veggie Pizza
<b>THE FRESH GRILLE</b>  Daily alternates: Chicken patty on bun	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
Hamburger	Spicy Chicken Sandwich	Hot Dog	Mozzarella Sticks w/ Tomato Sauce	Meatball Sub	
  Served daily freshly prepared; Vegetable, Turkey or Ham sandwiches or wraps; Pasta salad	<i>Today's Special</i>				
	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
	Crunchy Chicken Wrap	Salami & Mozzarella	Chicken Fajita Wrap  	Vegetable Wrap	Little Italy 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