

# LUNCH

# January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunch Prices</b> Reduced \$ 00 Daily 21 Day 42 Day 53 Day ES 2.40 48.00 96.00 120.00 MS 2.40 48.00 96.00 120.00 HS 2.45 49.00 98.00 122.50 Breakfast \$1.25 Full Reduced \$ 0. Milk 1%, Fat Free & FF Choc. \$.50	Jan. 21-24- HS Regents Exams; Café Closed Jan. 27- First Day of 2 <sup>nd</sup> Semester	1 <i>Happy New Year!!</i>	2 Chicken Patty on Bun Golden Corn Steamed Broccoli Peaches Assorted Milk	3 Pepperoni Pizza Sliced Carrots Vegetarian Beans Pears Assorted Milk
6 French Toast Sticks Sausage Patties Or Egg Patties Hash Brown Patty Sweet Peas 100% Juice Cup Mixed Fruit, Assorted Milk	7 Nachos Grande Steamed Brown Rice Golden Corn Black Beans Applesauce Assorted Milk	8 Spaghetti w/ Meat Sauce Or Marinara Sauce Garlic Breadstick Garden Salad Assorted Fruit Assorted Milk	9 Turkey Cubes & Gravy Steamed Brown Rice Sliced Carrots Steamed Broccoli Strawberry Cups Assorted Milk	10 Big Daddy Pizza or Buffalo Chicken Pizza Mixed Vegetables Carrot & Celery Sticks Fruit Mix Assorted Milk
13 Turkey Burger on Bun Steamed Broccoli Sweet Potatoes Mixed Berry Cup Assorted Milk	14 Traveling Taco Steamed Brown Rice Black Beans Shredded Lettuce & Salsa Pears Assorted Milk	15 Chicken Parmesan Spaghetti Garden Salad Peaches Assorted Milk	16 Chicken Poppers Steamed Brown Rice Golden Corn Sweet Peas Chilled Fruit Cup Assorted Milk	17 Stuffed Crust Pizza Green Beans Sweet Carrot Coins Strawberry Cup Assorted Milk
20 <b>No School!</b> <b>Martin Luther King Holiday</b>	21 Chili w/ Beans Homemade Cornbread Garden Salad Peaches Assorted Milk	22 Grilled Cheese Sandwich Tomato Soup Green Beans Golden Corn Chilled Fruit Cup Assorted Milk	23 Oriental Beef Steamed Brown Rice Steamed Broccoli Sweet Carrot Coins Applesauce Assorted Milk Fortune Cookie	24 Pepperoni Pizza Vegetarian Beans Mixed Vegetables Pears Assorted Milk
27 Mini Pancakes Sausage Patties Or Egg Patties Hash Brown Patty Sweet Peas 100% Juice Chilled Fruit Cup ,Assorted	28 Taco Deluxe Steamed Brown Rice Golden Corn Shredded Lettuce & Salsa Assorted Fruit Assorted Milk	29 Spaghetti w/ Meat Sauce Or Marinara Sauce Garlic Breadstick Garden Salad Mixed Berry Cup Assorted Milk	30 BBQ Turkey on Bun Steamed Broccoli Sliced Carrots Pears Assorted Milk	31 Big Daddy Pizza Vegetarian Beans Green Beans Peaches Assorted Milk

This Institution is an Equal Opportunity Provider.

*Earn while your children learn!!*  
 Contact the food service office for employment  
 opportunities at 362-3025.

**Giggle Time.....**  
 Why were the slices of sandwich meat  
 shivering?  
 Because they were cold cuts!!

<p>Menu is on the Web: <a href="http://www.amherstschools.org">www.amherstschools.org</a>          Tracey Ogilvie          School Lunch Manager          716-362-3025</p>	<p><b>Amherst Central School District</b>  <b>55 Kings Highway</b>  <b>Amherst, NY 14226</b></p>	<p>You May Choose the Menu of the Day          or Substitute as Follows:</p>
<p style="text-align: center;"><u><i>School Breakfast.....</i></u>  <i>Offered in all schools!!</i></p> <p><b><u>Breakfast Prices:</u></b></p> <p>Full Price Student----- \$ 1.25</p> <p><b><u>Daily Breakfast Options are as follows:</u></b></p> <p><b>Choose One Entree:</b>  <b>(Each Entrée Selection Counts as 2 Items)</b></p> <p style="padding-left: 20px;">Breakfast Sandwich          Warm Bagel          Cinni Minnis          Yogurt &amp; Graham Crackers          Cereal &amp; Graham Crackers          Muffin &amp; Graham Crackers</p> <p><b>May Choose Two Fruits:</b>          100% Juice Cup - 4oz., Apple or Orange          Fresh Fruit or Canned Fruit</p> <p><b>Choose One Milk:</b>          8oz. Carton Milk, 1% or Fat Free</p> <p><b>Each student must take a minimum of 3 items to be a complete breakfast.</b>  <b>½ cup of fruit or juice must be chosen with all meals.</b></p>	<p style="text-align: center;"><u><i>Recipe</i></u></p> <p style="text-align: center;"><u><i>Homemade Chicken Nuggets</i></u>          4 servings</p> <p>3 skinless, boneless chicken breasts, cut into large chunks</p> <p style="padding-left: 20px;">¼ cup Ranch dressing          2/3 cup Panko bread crumbs          2/3 cup Parmesan cheese          1 tsp. garlic powder          1 tsp. dried parsley flakes</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 400 degrees. Cover baking sheet with foil; place a wire cooking rack on top and spray with cooking spray.</li> <li>2. Put chicken in a gallon size zip lock bag. Add ranch dressing and shake bag to coat evenly.</li> <li>3. Mix remaining ingredients well and add to zip lock bag. Shake well to coat chicken pieces.</li> <li>4. Place chicken on rack in single layer.</li> <li>5. Bake in preheated oven until no longer pink in center and juices run clear. About 15-20 mins. Broil on high for 1 minute until crispy.</li> </ol>	<p style="text-align: center;"><u><i>Your Choice of One</i></u></p> <p>*The Daily Entrée (item shown in bold type on menu front)*</p> <p style="text-align: center;">• OR</p> <p>*Garden Salad Entrée          *Hamburger/Cheeseburger on Bun          *Chicken Patty on Bun (MS &amp; HS Only)          *Peanut Butter &amp; Jelly Sandwich          *Salad Bar (High School only)          *Yogurt Lunch          *Taco (High School only)</p> <p style="text-align: center;">Fresh Fruit available daily</p> <p style="text-align: center;"><b><u>Lunch Prices:</u></b></p> <p>Elementary: ----- \$ 2.40          Middle School: ----- \$ 2.40          High School: ----- \$ 2.45</p> <p style="text-align: center;">Milk: .50</p>
<p>Pre-Paid.....</p> <p><b><u>Breakfast Full Price</u></b></p> <ul style="list-style-type: none"> <li>o 5 Breakfasts.... \$ 6.25</li> <li>o 10 Breakfasts....\$12.50</li> <li>o 15 Breakfasts....\$18.75</li> <li>o 20 Breakfasts ....\$25.00</li> </ul>	<p>Pre-Paid.....</p> <p><b><u>Elem. Lunch Full Price</u></b></p> <ul style="list-style-type: none"> <li>o 5 Lunches....\$ 12.00</li> <li>o 10 Lunches....\$ 24.00</li> <li>o 15 Lunches....\$ 36.00</li> <li>o 20 Lunches....\$ 48.00</li> </ul>	<p style="text-align: center;"><u>Note to Parents:</u></p> <p>** As of July 1, 2019, students in New York State that are approved for Reduced Price Meals will receive breakfast and lunch at no charge.</p>
<p><b>Pre-Paid Breakfast / Lunch:</b>          Clip and send this form with child and exact amount to your Cook Manager, in a sealed envelope with the student's name on the outside.    <b>NOTE: One form per child.    Write checks to: Amherst CSD.</b></p> <p>Students Name _____          Teacher _____ Grade _____ Date _____</p>		